

# Ravioli with Garnet Yam Sauce

Ravioli with a rich-tasting garnet yam sauce is coming your way tonight. The sauce combines the savory flavors of yam, garlic and onion. It has a light buttery finish with a touch of nutmeg.

You'll also make a yogurt-based eggless aioli (pronounced aye-o-lee) to drizzle over the top.

**Preparation Time: 40 minutes - Servings: 2 (plus leftovers)**

## Organize Your Ingredients!

### Notes on Organizing

I like to organize ingredients in small piles or bowls so they are easy to add (and more fun to cook!). Do your prep, set everything out, and you're good to go.

### Garnet Yam Sauce

1 garnet yam (peeled and cut into 2" pieces)

2 garlic cloves (smashed and chopped)

2/3 C. yellow onion (chopped)

1 tsp. olive oil

1/2 C. white wine

1 cube Not Chick'n bouillon  
dissolved in

2 C. boiling water

1 bay leaf

2 T. cornstarch  
dissolved in

1/3 C. water

1 tsp. butter

1/2 tsp. nutmeg

### Aioli

1/2 C. Greek yogurt

1 T. olive oil

1 clove garlic (smashed and chopped)

1-1/2 tsp. lemon juice

1/2 tsp. Dijon mustard

### Remainder of Meal

#### Fixings for two Side Salads

9 oz. package ravioli (mushroom,  
spinach or cheese)

4 T. shredded Parmesan cheese

First Thing!  
Put Pasta Water  
on to Boil!

2 Quarts Water and 1/2 tsp. salt

## Let's Prepare, Cook, and Plate This!

### Basic Assembly Instructions

My ravioli of choice is mushroom ravioli, but cheese or spinach ravioli also works. The light aioli (made with a thick yogurt base) serves as a delightful garnish that is yummy and healthy.

### Garnet Yam Sauce

1. Using a medium saucepan, cover yams with water and a pinch of salt. Bring to a boil and cook 7 minutes or until yams are tender. Drain, and remove from pan.
2. Cook garlic and onion in olive oil in the same pan until onion becomes translucent. Add wine and bring to a boil. Remove from heat and cool 5 minutes.
3. Place garlic/onion mixture in food processor with yams. Blend for several minutes until smooth. Add 1 C. of the Not Chick'n Bouillon broth and blend well.
4. Return pureed yams mixture to the saucepan and add a bay leaf. Bring to a boil. Reduce heat to medium and thicken with cornstarch mixture. Turn heat to low and cook for 5 minutes.
5. Stir in butter and ground nutmeg. Turn heat to simmer, and leave until ready to serve.  
(If you need to thin the sauce, use some pasta cooking water.)

### Aioli

Combine yogurt, olive oil and garlic in a food processor.  
Once oil is absorbed and garlic well blended with the yogurt, add lemon juice and mustard.  
Blend until very smooth.

If you need to thin before using, stir 1 T. of milk or buttermilk into the mixture.

### Salad/Ravioli/Plate the Meal

Make a couple of green side salads.

Ravioli: place ravioli in boiling water. Return to a boil and reduce heat to medium-low. Cook 4-5 minutes or per package directions. Before draining ravioli, reserve 1/2 C. starchy pasta cooking water. Use the pasta cooking water as needed to thin the Garnet Yam Sauce.

Plate the meal: ladle 1/2 C. sauce onto serving plates. Arrange 6-7 ravioli per diner over the sauce. Spoon another couple of tablespoons of sauce over ravioli.

Drizzle with aioli and garnish with shredded Parmesan.

Serve salads on the side.

### What I've Learned from this Recipe

A ravioli meal can be very satisfying when made with different vegetable sauce combinations. These sauces don't have to be super rich and heavy. You can get a buttery flavor with just a little butter added at the end of the preparation.

Let us know what you think, and ask any questions you may have! [chezdon@plate6.com](mailto:chezdon@plate6.com)