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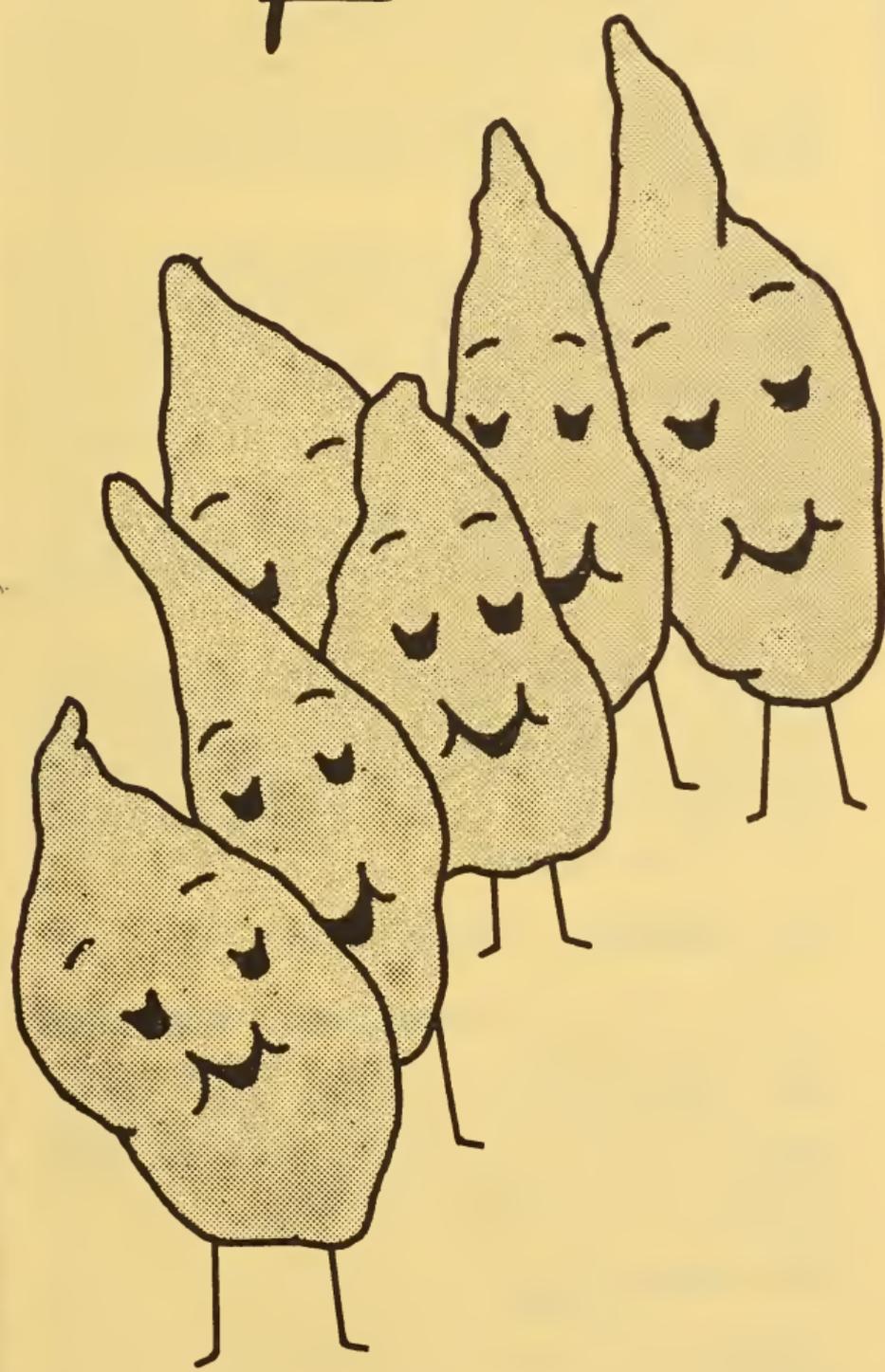
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# Sweetpotato Recipes

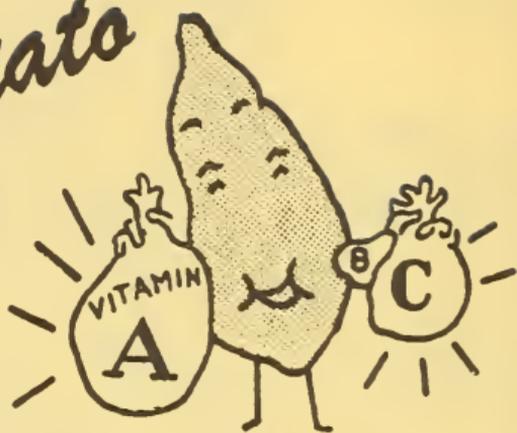
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U.S. DEPARTMENT OF AGRICULTURE

# Sweetpotato Recipes



An Early American . . . the sweetpotato. Columbus found it here . . . carried it back as proof of the wonders of the New World. The first settlers in the South soon made it one of their favorite foods.

Today we know the sweetpotato as a prize package of food values. A rich source of vitamin A, it also provides worthwhile quantities of vitamin C and small amounts of other vitamins and of minerals. It is a good provider of food energy, too—even better than the white, or Irish, potato. A medium-sized sweetpotato gives about 155 calories to the white potato's 90.

Except for the vitamin A in sweetpotatoes, the two vegetables are too much alike in food value to be served at the same meal. For balance and variety, let sweetpotatoes alternate with white potatoes.

## Two Kinds

Some sweetpotatoes are dry, mealy, and rather light yellow in color. Others—sometimes called yams—are deeper yellow, moist, sugary. Learn to recognize the different kinds by their shape and color of skin.

## Use Promptly

Sweetpotatoes are not good keepers as a rule, in the home pantry. So it's best to buy them in small lots and use them promptly.

If you grow your own, use up the early crop of sweetpotatoes at once and store the later

varieties—they keep better. They need a dry storage place—not too hot and not too cold. About 55° to 60° F. is the right temperature.

Sort and handle sweetpotatoes with care—they are easily bruised.

### **In the Jacket's Best**

Most of the recipes call for sweetpotatoes cooked first in their jackets. The thin skin of the cooked sweetpotato is easy to remove and takes with it less of the goodness underneath.

Besides, when the protective brown jacket is gone, some sweetness is dissolved in the cooking water.

If, for a special dish, you do peel first, peel thin just before you use the sweetpotatoes. If you must peel ahead of time, put the pared sweetpotatoes in salted water to keep them from darkening.

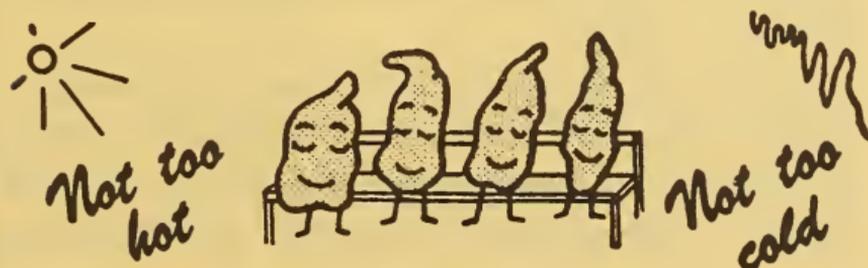
Cook sweetpotatoes quickly. Serve piping hot so there's little chance for air to rob their good store of vitamin C.

When there are leftovers, cover the dish of peeled sweetpotatoes or leave on their jackets and place in the refrigerator or other cold place. Then they are ready to recook to make their second appearance.

## **IN EVERYDAY WAYS**

### **Boiled in Jackets**

First of all scrub the sweetpotatoes. Then drop them into a kettle of boiling water . . . enough to cover. Boil covered until tender. Drain at once so they won't get waterlogged. Peel and season with table fat or meat drippings; salt and pepper to taste.



## **Quick Mashed**

Peel hot cooked sweetpotatoes (6 medium-sized make 6 servings). Mash thoroughly and quickly. Add seasoning and table fat. Beat in hot milk a little at a time until sweetpotatoes are fluffy and smooth.

*For variety* serve in the following way: Shape seasoned, mashed sweetpotatoes into mounds, make small well in center, and brown at 425° F. (hot oven). Fill the well with cranberry sauce or jelly and serve hot.

For another tasty mashed sweetpotato dish use orange juice in place of the milk, add a little grated orange rind, table fat, and a few raisins. If desired, place in a baking dish, top with meringue, and brown lightly at 325° F. (slow oven). Serve hot.

## **Baked Sweetpotatoes**

Wash and dry sweetpotatoes of uniform size. Bake until tender at 425° F. (hot oven) 35 to 60 minutes, depending on size.

You can save time by cutting large sweetpotatoes in half crosswise before baking.

If you want the skin to be soft, rub a little fat on before baking.

Cut crisscross gashes in the skin of the baked sweetpotatoes on one side, then pinch them so that some of the soft inside pops up through the opening. Drop in meat drippings, bits of crisp-cooked salt pork, or table fat.

Save fuel by baking sweetpotatoes when you oven-cook other food. If a moderate oven is called for, allow a little extra time for the sweetpotatoes to bake.

**Stuffed.** If the skins are not too thin and the inside not too moist, baked sweetpotatoes are delicious stuffed.

Cut large baked sweetpotatoes in half lengthwise. Carefully scoop out the inside, leaving a little of the sweetpotato as a lining for the skins. Mash as for plain mashed sweetpotatoes,

adding seasoning and hot milk. Stuff back into the shells, brush the top with melted fat, and reheat at 425° F. (hot oven).

*For variety*, add chopped leftover cooked meat or chopped peanuts. Or add a tablespoon of peanut butter for each sweetpotato in place of the fat, or a little grated orange rind and orange juice in place of the milk.

## **Scalloped Sweetpotatoes**

**With apples.** Place alternate layers of sliced cooked sweetpotatoes and sliced raw apples in a greased baking dish. Sprinkle the apple layers with sugar and a little salt; dot with fat. Add just enough hot water to cover bottom of dish; the apples and sweetpotatoes do not take up liquid. Bake covered at 375° F. (moderate oven) 30 to 40 minutes or until apples are tender. If desired, uncover the dish for the last 15 to 20 minutes of cooking, and top with crushed dry breakfast cereal or bread crumbs mixed with a little fat.

Sliced raw sweetpotatoes may be used in this recipe, but will need to bake a little longer.

*For variety*, try peeled orange slices, whole cranberry sauce, or sliced fresh pears in place of the apples. With the pears, use brown sugar instead of the granulated for added flavor. Top with bread crumbs and bake 20 to 30 minutes.

**With orange juice.** Omit apples and water in recipe above. Pour over the sweetpotatoes  $\frac{1}{3}$  to  $\frac{1}{2}$  cup orange juice containing a little grated orange rind. Top with bread crumbs, and bake about 20 minutes.

**With ham.** For a main dish, use chopped cooked ham in place of the apples. Omit sugar and bread crumbs. Bake 20 to 30 minutes or until hot through.

**With peanuts.** For a "different" flavor, use chopped roasted peanuts instead of apples. Omit the fat and crumbs, and if nuts are salted, omit the salt. Bake 20 to 30 minutes.

# SWEETPOTATO FAVORITES

## Sweetpotato Pork Pie

1 pound pork, cubed	4 small onions, halved
1 tablespoon fat	2 tablespoons flour
3 cups cubed (about 1-inch cubes) sweetpotatoes	2 tablespoons water
	1 teaspoon salt
1½ cups fresh or canned peas	¼ teaspoon pepper
	Biscuit dough

Cook the pork in the fat until lightly browned. Add water to cover. Put on a lid and simmer meat until almost tender (about 1 hour).

Add the sweetpotatoes, peas (if fresh), onions, and water to cover vegetables. (If canned peas are used, don't add until the last 5 minutes of cooking.) Cook for about 20 minutes or until the vegetables are tender.

Make a paste of the flour and the 2 tablespoons of water. Add a little hot liquid from the stew. Then add paste to stew, stirring constantly. Season with salt and pepper.

Pour hot mixture into a greased baking dish. Top with biscuit rounds. Bake at 425° F. (hot oven) 20 to 25 minutes or until biscuits are browned.

*For variety*, omit the sweetpotatoes, and use more peas in the pie. Make a border of mashed, seasoned sweetpotatoes on top instead of topping with biscuits. Bake at 375° F. (moderate oven) about 20 minutes. Six servings.

## Glazed Sweetpotatoes

Pare sweetpotatoes and cut in half; drop into enough boiling water (containing ½ teaspoon salt) to just cover. For each sweetpotato add 1 to 2 tablespoons honey (corn or maple sirup, or molasses), and 1 teaspoon table fat. Cover and boil until sweetpotatoes are tender. If liquid has not cooked down enough by the time they are tender, remove cover and boil rapidly until a sirup is formed. Baste sweetpotatoes occasionally with the sirup.

**With orange.** Place alternate layers of cooked sweetpotatoes and sliced, peeled oranges in a greased baking dish. You will need about 2 oranges to 6 medium-sized sweetpotatoes. Make a sirup by combining—

$\frac{3}{4}$ cup orange juice	$\frac{1}{2}$ cup sugar
1 tablespoon grated orange rind	2 teaspoons cornstarch
$\frac{1}{4}$ teaspoon salt	2 tablespoons melted table fat

Pour sirup over sweetpotatoes. Bake at 300° F. (slow oven) about 1 hour. Baste with the sirup several times during baking. Six servings.

## **Candied Sweetpotatoes**

**With sirup or honey.** Slice or cut 6 medium-sized cooked sweetpotatoes in halves. Arrange in a shallow greased baking dish. Dot each layer with fat; sprinkle with salt. Pour over the top a cup of corn sirup or honey. Bake at 350° F. (moderate oven) 15 to 20 minutes, basting frequently with the sirup. Six servings.

Or to save heating the oven you can candy sweetpotatoes in a frying pan on top of the stove. Use low heat to keep them from scorching.

**With brown sugar.** Combine and bring to a boil  $\frac{3}{4}$  cup brown sugar,  $\frac{1}{3}$  cup water,  $\frac{1}{2}$  teaspoon salt, and 2 tablespoons table fat. Pour this mixture over 6 medium-sized cooked, halved sweetpotatoes and bake as above for 20 to 25 minutes or until liquid is somewhat thickened and sweetpotatoes are browned. Baste frequently with sirup during cooking. Six servings.

## **Roast Sweetpotatoes**

Place peeled raw sweetpotatoes around meat in roasting pan during the last hour or hour and a half of cooking the meat. Time will depend on size of sweetpotatoes and whether you cover them with a lid. Turn them and baste occasionally with meat drippings.

## Sweetpotatoes Fried With Apples

Pare and slice ( $\frac{1}{8}$  to  $\frac{1}{4}$  inch thick) about 3 medium-sized raw sweetpotatoes and 3 raw apples. (Leave skins on red apples to add color.) Then place in a hot frying pan with about 3 tablespoons melted table fat. Sprinkle with  $\frac{1}{4}$  to  $\frac{1}{2}$  cup brown sugar and a little salt. Cover; cook over low heat until tender and lightly browned, about 30 minutes; turn occasionally. Six servings.

Or if you have some leftover cooked sweetpotatoes, first cook the sliced apples in a little fat until almost tender. Then add sliced cooked sweetpotatoes, sugar, and salt, and brown with the apples.

## Sweetpotatoes Fried, Country Style

Pare and slice ( $\frac{1}{8}$  to  $\frac{1}{4}$  inch thick) enough raw sweetpotatoes to make 1 quart. Put in a hot frying pan with 2 tablespoons of melted fat. Cover closely. Cook over low heat 10 to 15 minutes or until browned on the bottom. Turn and brown on the other side.

If desired, brown a little chopped onion in the fat before adding the sweetpotatoes. Six servings.

## Sweetpotato and Sausage Stuffing

$\frac{1}{2}$ pound sausage meat	$\frac{1}{8}$ teaspoon pepper
$\frac{1}{3}$ cup minced onion	$1\frac{1}{2}$ cups soft, dry bread crumbs
$\frac{1}{2}$ cup chopped celery	2 cups hot mashed sweetpotatoes
$\frac{1}{4}$ teaspoon poultry seasoning	
$\frac{1}{2}$ teaspoon salt	

Cook sausage meat about half done, breaking it into small pieces. Add onion, celery, and seasonings and continue to cook until the meat is tender. Drain off surplus fat. Combine sausage mixture with crumbs and sweetpotatoes. Mix thoroughly. This stuffing is especially good in fowl, in a stuffed roast shoulder of pork, or in pockets cut in thick pork chops.

## TASTY DISHES WITH LEFTOVERS

### Sweetpotato Patties

Shape cold mashed sweetpotatoes into small patties; roll in bread crumbs or crushed dry breakfast cereal. Brown on both sides in a little fat.

*For variety*, add to the sweetpotatoes chopped cooked leftover meat, or finely chopped apple.

### Sweetpotato Hash

Add chopped cooked sweetpotatoes and chopped cooked meat to a little fat in a frying pan. Season with salt and pepper. Moisten with about  $\frac{1}{4}$  cup hot water or gravy to 4 cups of combined sweetpotatoes and meat. Brown on both sides over moderate heat.

### Sweetpotato Crust

Line a baking dish with mashed sweetpotatoes seasoned with salt and a little fat. Fill center with vegetables and leftover bits of cooked meat moistened with gravy, or with firm cooked dried fruit or drained canned fruit. Cover with more mashed sweetpotato. Bake at 425° F. (hot oven) until hot through. If you have just a little sweetpotato, make only the upper crust.

### Sweetpotato Biscuit

1 cup sifted all-purpose flour	$\frac{1}{3}$ cup fat
3 teaspoons baking powder	1 cup mashed sweetpotatoes
$\frac{1}{2}$ teaspoon salt	About 3 tablespoons milk

Sift together dry ingredients. Cut in fat with two knives or a pastry blender. Add sweetpotatoes and enough milk to make a soft dough. Knead lightly, if desired. Roll to  $\frac{1}{2}$ -inch thickness, cut in rounds, and place on a baking sheet. Bake at 425° F. (hot oven) 15 to 20 minutes. Makes 12 medium or 15 small biscuits.

## "SWEETS" IN DESSERTS

### Sweetpotato Puff

To 3 cups mashed sweetpotatoes add 2 beaten egg yolks, 2 tablespoons melted fat, 2 tablespoons sugar (if desired), and about  $\frac{1}{2}$  teaspoon salt. Gradually add about  $\frac{1}{2}$  cup milk or orange juice and beat until light and fluffy. Add  $\frac{1}{2}$  cup raisins (soaked 5 to 10 minutes in boiling water). Beat 2 egg whites until stiff but not dry. Fold into sweetpotato mixture. Pile lightly into a greased baking dish and bake at 375° F. (moderate oven) about 30 minutes or until puffed and browned.

### Sweetpotato Pie

$\frac{1}{2}$ cup sugar	2 eggs, slightly beaten
1 teaspoon cinnamon	1 cup milk
$\frac{1}{2}$ teaspoon allspice	2 tablespoons table fat, melted
$\frac{1}{4}$ teaspoon mace	9-inch unbaked pastry shell
$\frac{1}{2}$ teaspoon salt	
$1\frac{1}{2}$ cups mashed sweet- potatoes	

Mix sugar, cinnamon, allspice, mace, and salt. Stir in sweetpotatoes. Combine eggs, milk, and fat. Add to sweetpotato mixture. Pour into the pastry shell. Bake at 400° F. (hot oven) about 40 minutes or until the filling is set.

### Sweetpotato Custard

$\frac{1}{4}$ cup sugar	2 eggs, beaten
$\frac{1}{2}$ teaspoon salt	$2\frac{1}{2}$ cups finely shredded raw sweetpotato (shred just before using)
$\frac{1}{4}$ teaspoon nutmeg	1 tablespoon melted table fat
1 teaspoon grated orange rind	
$1\frac{3}{4}$ cups milk	

Add sugar, salt, nutmeg, orange rind, and milk to the eggs. Mix thoroughly. Add sweetpotato and fat. Bake in greased custard cups in a pan of hot water at 350° F. (moderate oven) about 30 minutes or until set. Six servings.

**Sweetpotato custard pie.** Pour custard into 9-inch unbaked pastry shell and bake at 425° F. (hot oven) for 10 minutes; reduce temperature to 350°, and continue baking for 30 minutes longer.

## **Sweetpotato Cake**

½ cup fat	2 teaspoons baking powder
1 cup sugar	¼ teaspoon soda
2 eggs	½ teaspoon cinnamon
1 cup mashed sweetpotatoes	½ teaspoon nutmeg
2 cups all-purpose flour	¼ teaspoon cloves
½ teaspoon salt	½ cup milk
	½ cup chopped nuts

Cream fat. Add sugar gradually and cream well. Add eggs, beating well after each. Add sweetpotatoes. Mix well. Sift together rest of dry ingredients; add alternately with milk to the creamed mixture, beginning and ending with dry ingredients. Add nuts. Mix well. Bake in a greased 9- by 9- by 2-inch loaf pan at 350° F. (moderate oven) 45 to 50 minutes. Top with caramel icing, if desired.

## **Sweetpotato and Molasses Cookies**

½ cup fat	2 cups sifted all-purpose flour
¼ cup sugar	½ teaspoon salt
1 egg	½ teaspoon soda
½ cup molasses	1 teaspoon baking powder
1 cup grated raw sweetpotato (grate just before using)	½ teaspoon ginger, if desired
1 teaspoon grated orange rind	¼ cup sour milk or buttermilk

Cream together the fat and sugar. Add the egg; beat thoroughly. Add molasses, sweetpotato, and orange rind. Sift together rest of dry ingredients; add alternately with the milk to sweetpotato mixture. Mix well and drop from a teaspoon onto a greased baking sheet. Bake at 375° F. (moderate oven) about 15 minutes or until golden brown. Makes 3 dozen.

Other publications on the preparation and use of vegetables issued by the U.S. Department of Agriculture are listed below. They may be obtained from the Office of Information, U.S. Department of Agriculture, Washington, D.C., 20250.

Potatoes in popular ways. G-55.

Green vegetables for good eating. G-41.

Root vegetables in everyday meals. G-33.

Dry beans, peas, lentils . . . modern cookery.  
L-326.

Home canning of fruits and vegetables. G-8.

Home freezing of fruits and vegetables.  
G-10.

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