

SWEET POTATOES RECIPE

From Marianne Loeser

Ingredients:

6 large sweet potatoes, peeled and chopped into chunks
1 cup walnuts, chopped (topping alternative)
½ cup full-fat coconut milk
1 tbsp cocoa powder (topping alternative)
Whole marshmallows (topping alternative)
1 tbsp vanilla extract
1 tbsp cinnamon
2 tbsp olive oil, butter or clarified butter
Sea salt and freshly ground black pepper to taste

Preparation:

Preheat oven to 350F and then start by filling a large sauce pot with water and place all the chopped sweet potatoes in it. Place the saucepan over a high-heat on the stove top and bring the water to a boil. Continue cooking the potatoes for anywhere from 15 to 20 minutes, basically until they are tender when pierced with a fork. Remove from heat and strain the excess water.

Return the sweet potatoes to the pot they were cooked in and drizzle 1 tablespoon of olive oil, butter or clarified butter on top of them. Using a masher or hand-mixer, mash the potatoes until smooth. I tend to prefer the texture to be slightly clumpy, but to each their own! As you continue to mash, slowly pour the coconut milk in, followed by the vanilla extract. Once it has been mixed well, give it a taste to see if it requires any salt and pepper. A little salt cuts on some of the sweetness. Transfer the mashed mix into a casserole dish and set aside.

Either top with cinnamon, remaining butter and marshmallows and bake at 350 until nicely browned, OR

In a medium bowl, toss the walnuts in the remaining oil or butter. Sprinkle with the cinnamon and cocoa powder and then give it another good mixing. Evenly cover the mashed potato mixture with the topping, put in the preheated oven and cook for about 20 minutes.