



today's main ingredient

A  LOCAL FOOD PODCAST



Candied Sweet Potatoes

A traditional Thanksgiving dish beloved by many families.

INGREDIENTS – Serves 8

6 tablespoons unsalted butter, divided
3 pounds sweet potatoes, peeled and cut into 1 1/2-inch pieces
3/4 cup packed dark brown sugar
1/4 cup fresh apple cider or orange juice
3 tablespoons bourbon (optional)
Kosher salt

Preheat the oven to 400°F.

STEP 1 – Grease a 9-by-13-inch glass or ceramic baking dish with 1 tablespoon of the butter.

STEP 2 – In a large saucepan of salted boiling water, blanch the sweet potatoes until barely tender, 8 to 10 minutes. Drain well. Spread them in the prepared baking dish in an even layer.

STEP 3 – In a small saucepan, melt the remaining 5 tablespoons of butter with the brown sugar. Whisk in the cider and bourbon, season with salt and bring to a boil. Cook over moderately high heat, stirring, until the sugar dissolves, 1 to 2 minutes. Pour the mixture over the sweet potatoes and gently stir to coat.

STEP 4 – Bake the sweet potatoes until tender and the sauce is syrupy, 35 to 40 minutes.

Note: The recipe can be prepared ahead (through Step 3) and refrigerated overnight, but bring to room temperature before baking.