



today's main ingredient

A  LOCAL FOOD PODCAST



Old-fashioned Sweet Potato Pudding

INGREDIENTS – Serves 6 to 8

1 pie crust (deep 9-inch or 10-inch regular)

3 medium-to-large sweet potatoes

1 stick softened butter

1 cup firmly packed brown sugar (light or dark)

3 eggs

1/4 teaspoon salt

1/2 teaspoon vanilla extract

A mix of spices to total 1 1/2 teaspoons: cinnamon, cloves, nutmeg, ginger, allspice, and/or mace

1 cup canned sweet (condensed) or evaporated milk or half-and-half

Preheat the oven to 350°F.

STEP 1 – Bake or boil whole sweet potatoes until tender. When cool enough to handle, peel and mash them to make 3 cups.

STEP 2 – Cream the butter with the brown sugar until smooth. Beat 3 eggs and combine with the butter/sugar mixture. Add salt, vanilla extract, and your combination of spices. Stir in mashed sweet potatoes. Add canned milk or half-and-half and beat mixture well.

STEP 3 – Pour into the pie shell. Bake at 350°F for 50 minutes to 1 hour or until the center is firm.