



## today's main ingredient

A  LOCAL FOOD PODCAST



# Old-fashioned Sweet Potato Pudding

*Southerners like sweet potatoes baked, boiled, steamed, mashed, candied, made into croquettes, and baked in pies.  
This pudding is a traditional Southern dish.*

### INGREDIENTS

Nonstick cooking spray  
1 pound (2 large or 3 small) sweet potatoes, peeled and cut into chunks  
1/2 cup dark brown sugar  
1/2 cup light brown sugar  
3/4 teaspoon salt  
2 teaspoons ground ginger  
2 Tablespoons cornmeal (white or yellow)  
1 large egg  
2 large egg yolks  
1 cup heavy whipping cream  
1 Tablespoon pure vanilla extract

*Preheat the oven to 325°F.*

**STEP 1** – Spray a 9 x 13 x 2 1/2-inch casserole with nonstick cooking spray.

**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** – Finely chop by hand or pulse in a food processor in several batches until the sweet potatoes are the texture of large rice. Mix the sweet potato, brown sugars, salt, ginger and cornmeal in a large mixing bowl. Stir in the egg, egg yolks, cream, and vanilla.

**STEP 4** – Pour into the casserole and bake for 15 minutes; then stir from the outside to the middle (see note). Continue baking and stir again after 10 minutes. Cook until lightly browned and just set, about 40 minutes total. Serve hot or at room temperature.

*Note: The edges of a baked casserole tend to overcook and get dry before the center is done. Stirring twice during baking solves this problem.*