Jennifer Currie



Sassy Southern Sweet Potato Stuffing

Ingredients:

- 2 pounds sweet potatoes – diced
- 2 Tbsp olive oil
- 2 cups fresh spinach
- 1 pound sausage
- 1 small onion – diced fine
- 8 oz Italian blend cheese – shredded
- 1 box sage stuffing mix
- 4 Tbsp butter – melted
- 2 cups chicken broth

Directions:

1. Preheat oven to 400 degrees. Toss diced sweet potatoes in olive oil. On a large baking sheet, bake sweet potatoes in a single layer for 25 minutes – until fork tender.
2. While potatoes are cooking, brown sausage and onion. Then add spinach and wilt – about 2 minutes, stirring often.
3. In a 9x13 baking dish, combine sausage mixture with sweet potatoes, stuffing mix, ½ cup cheese, butter, and broth. Top with remaining cheese and bake for 20 minutes until cheese is melted.

Phillip Ragain



Sweet Potato Flan with Bourbon Praline Sauce

Serving size: 8

INGREDIENTS

BOURBON PRALINE SAUCE
- 1 c White Sugar
- 1/4 c Water
- 1/2 c Heavy Cream
- 1/2 tsp Vanilla Extract
- 1/2 tsp Sea Salt
- 1.5 Tbs Bourbon
- 1/4 c Unsalted Butter, room temperature

SALTED BUTTER PECANS
- 1 c Pecan Halves
- 1 Tbs Salted Butter, melted
- 1/4 tsp Fine Sea Salt
- 1 tsp White Sugar

SWEET POTATO FLAN
- 1 Lb Sweet Potatoes (preferably Covington)
- 1/2 Vanilla Bean, halved lengthwise and seeds scraped out
- 1/4 tsp Ground Cinnamon (preferably Ceylon)
- 1/8 tsp Nutmeg (preferably freshly grated)
- 12 oz can Evaporated Milk
- 14 oz can Sweetened Condensed Milk
- 1/4 Heavy Cream
- 2 Eggs
- 2 Egg Yolks

DIRECTIONS

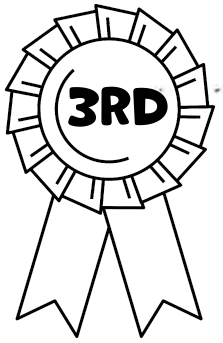
BOURBON PRALINE SAUCE
Combine the sugar and water in a saucepan over medium-high heat. Stir briefly to combine, then cook without disturbing until the sugar caramelizes to a rich amber color.
Combine the heavy cream, vanilla and salt.
Remove the pan from the heat, whisk in the bourbon, and then the butter. Then slowly pour the combined cream, vanilla and salt into the mixture, whisking constantly.
Evenly distribute the caramel into the bottoms of 8 custard ramekins, and let cool until it sets (or put in the fridge to cool quickly).

SALTED BUTTER PECANS
Preheat the oven to 350 degrees.
Put the pecans in a large bowl. Drizzle the butter, sprinkle the salt and sugar, and toss the pecans until they are evenly coated.
Spread the pecans in a single layer on a baking sheet.
Bake for 18 minutes, turning over halfway through.
Remove from the oven and let the nuts cool.
Set 16 pecan halves aside for garnish, and chop the rest. Spread the chopped pecans over the caramel in the ramekins.

SWEET POTATO FLAN
Preheat the oven o 425 degrees. Wash the sweet potatoes, pat them dry, and poke a few holes with a fork. Rub the skin with vegetable oil, and roast until very soft (about 45 minutes). Let cool, then scrape the flesh into a food processor.
Reduce the oven temperature to 325 degrees.
Add the vanilla been seeds to the sweet potatoes, and puree in the food processor until very smooth and the vanilla seeds are evenly combined (about 1 minute).
Add the remaining ingredients, and puree for another minute.
Pour the sweet potato puree into the prepared ramekins.
Place the ramekins in a deep casserole dish. Pour boiling water to the casserole dish until it reaches about 1.5 up the sides of the ramekins.
Place the dish in the oven, and bake for about 45 minutes or until set but slightly jiggly in the middle (or a knife inserted into the center comes out clean).
Let cool completely to room temperature, and then refrigerate for at least 2 hours to set.

To Serve:
Loosen the edges of the flan from the ramekin and invert onto small plates. Top with 2 pecan halves and 2-3 mini toasted mini marshmallows.

Leanna Frick



Cozy Sweet Potato and Chickpea Curry

(vegan and gluten free)

Adapted from Better Homebase

Ingredients

- Curry (yield: 6-8 servings, approximately 1 ½-2 cups per serving)
  - 3 Tablespoons of avocado oil
  - 1 Yellow onion, chopped
  - 6 Cloves of garlic, minced
  - 1 Tablespoon of ginger paste
  - 4 Tablespoons of curry powder
  - 5 Teaspoons of sugar
  - 2 Teaspoons of turmeric
  - 2 Teaspoons of cumin
  - 2 Teaspoons of salt
  - 1 Teaspoon of garam masala
  - Ground black pepper to taste
  - 3 Large sweet potatoes, peeled and cubed
  - 2 (15 oz) Cans of chickpeas, drained and rinsed
  - 2 (14 oz) Cans of coconut cream
  - ½ Cup vegetable broth
  - Chopped fresh cilantro to garnish
- Rice (yield: 4 servings, approximately ¾ cup cooked rice per serving)
  - 1 Cup of white rice
  - 1 Tablespoon of vegan butter
  - 1 Cup of vegetable broth
  - ½ Cup of water

Instructions

Curry Instructions

1. Heat the oil in a large pot over medium heat. Add the onion and sauté until translucent, about 5 minutes.
2. Add the minced garlic and ginger, cooking for another minute until fragrant.
3. .Stir in the curry powder, turmeric, cumin, garam masala, salt, sugar, and black pepper. Toast the spices for about 30 seconds to release their flavors.
4. Add the cubed sweet potatoes and chickpeas to the pot, stirring to coat them with the spices.
5. Pour in the coconut cream and add enough vegetable broth to just cover the vegetables. Bring to a boil, then reduce heat and simmer for 15-20 minutes, or until the sweet potatoes are tender.
6. Season with salt and pepper to reach personal desired taste.

Rice Instructions

1. Rinse the rice in a fine strainer or cheese cloth under cold water, gently stirring with your fingers. Continue until the water runs mostly clear.
2. Heat the butter in a saucepan over medium heat until melted. Add in rinsed, drained rice. Stir until the grains look slightly translucent around the edges.
3. Add vegetable broth and water and stir. Bring mixture to a gentle boil, then immediately reduce the heat to low and cover with a tight fitting lid. Simmer for about 15 minutes.

4. Turn off the heat and leave the lid on and rest the rice for 10 minutes.
5. Gently fluff the rice with a fork.

Plating

1. Put rice into a small round bowl to mold it, then transfer to your serving dish by turning the small bowl upside down and gently tapping, until the mounded rice comes out.
2. Gently spoon the curry around the rice.
3. Sprinkle the cilantro on top of the curry and serve.

Storage: Serve and consume rice immediately. Curry keeps for a few days in the fridge, or keeps for longer in the freezer (and thaws/reheats well).

Vera Dancy

October 19, 2026 Sweet Potato Showdown NC State Fair

'Suhweet' Potato Honey Corn Sticks*
(Yield @ Thirty Corn Sticks)

[lard or avocado oil for greasing pan]
1 ½ cups cooked, peeled, and mashed (or pureed) sweet potatoes (2 medium)
1/3 cup buttermilk
1/3 cup honey
1/3 cup butter, melted
2 eggs (room temperature)
1 cup yellow cornmeal
1 cup all-purpose flour
1/3 cup white sugar
2 ½ teaspoons baking powder
1 teaspoon ground cinnamon
½ teaspoon ground allspice
½ teaspoon salt

Preheat oven to 400 degrees. Brush cast-iron corn stick pan generously with melted lard or avocado oil: heat in oven 10 minutes.

In a large bowl, combine sweet potatoes, buttermilk, butter, and eggs, mixing until smooth. In a separate bowl, whisk together remaining ingredients. Add to sweet potato mixture, stirring just until combined. Fill prepared pan two-thirds full with batter. Bake 15 to 20 minutes or until browned around the edges. Best served warm with butter or dips.

(Note: To reheat corn sticks, wrap in aluminum foil and bake 10 minutes at 400 degrees.)

*adapted from recipe in "Gifts That Taste Good" 1990-1991 Leisure Arts

Dip Sauces

Cranberry Barbeque Sauce*

½ cups cranberry sauce (if whole cranberry, put in blender before adding with other ingredients)
½ cup ketchup
½ cup apple cider vinegar
1 T. Worcestershire sauce
2 t. mustard (yellow or Dijon)
½ t. salt
½ black pepper
½ cup brown sugar or honey, to taste

Combine all ingredients but brown sugar or honey in a saucepan. Heat on low heat until it simmers, and simmer for about 5 minutes.

Taste the sauce, and then add the brown sugar or honey- add more if not to taste. Store in the refrigerator. It won't last long. Yields about 2 cups.
*recipe courtesy Cosmopolitan Cornbread

Honey-Orange Butter*

½ cup butter, softened
¼ cup honey
2 T. fresh orange juice (or bottled)
1 T. grated orange peel

In a small bowl, blend all ingredients until smooth. Cover and refrigerate at least 2 hours. Bring to room temperature before serving. (Yields about 1 cup.)
*recipe from "Gifts that Taste Good" 1990-1991 Leisure Arts

John Tyler Moore

Spicy Sausage & Sweet Potato Hand Pie

This savory hand pie filled with sweet potato, sausage, and onions makes for a great snack or party side dish. Sweet potato is featured 3 ways, in the crust, the filling, and in the slaw.

Yields: About 15 Pies Serving size: 1 Pie

Ingredients

Crust
3½ Cups of AP Flour
¾ Cup of Pureed Sweet Potato
1 Teaspoon of Salt
1 Tablespoon of Garlic Powder
1 Tablespoon of Onion Powder
1 Tablespoon of Cajun Seasoning
2 Sticks of Butter, Chilled and Grated
1 Egg beaten with ¼ Cup of Water
1 Cup Cold Water

Filling
2 lbs Spicy Sausage
1 Large Yellow Onion, Diced
3 Cloves of Garlic, Minced
1 16oz Carton of Chicken Bone Broth
2 Tablespoons of Apple Cider Vinegar
1 Teaspoon of Rubbed Sage
1 Tablespoon of Garlic Powder
1 Tablespoon of Onion Powder
2 Tablespoons of Hot Sauce
1 Teaspoon of Salt

Slaw
2 Cups of Shredded Sweet Potato
¾ Cup of Shredded Purple Cabbage
¾ Cups of Shredded White Cabbage
¾ Cup of Mayo
1 Tablespoon of Apple Cider Vinegar
1 Tablespoon of Honey Dijon Mustard
¼ Teaspoon of Salt

Preparation

For the crust, in a large bowl, mix flour, salt, garlic powder, onion powder, cajun seasoning and butter until butter is pea sized. Add sweet potato and half of the water and knead until dough comes together adding more water if needed. Place dough on a floured surface, press into a rectangle and fold on itself into thirds, turn 90 degrees and repeat. Wrap in plastic wrap and rest in refrigerator for at least 2 hours but up to 2 days.

Brown the sausage and drain excess grease. Then add in the onion and cook until tender. Stir in the garlic. Toss in the spices/herbs and continue cooking. Then add the stock and reduce by half. Stir in sweet potato and let mixture cool.

Pre heat oven to 375 degrees F. To assemble the pie, roll out 2 oz of dough to ⅛ inch thickness, then fill with 2 tablespoons of filling. Brush edge with egg wash, fold into a half moon, and then use a fork to seal in the seams. Repeat until dough/mixture is gone. Brush top of pies with egg wash. Bake on top rack for 22-25 minutes until pies are golden brown.

For the slaw, mix shredded cabbage and sweet potato. In a separate bowl, mix mayo, vinegar, mustard and salt. Pour dressing over sweet potato mix and combine.

Serve with hand pies and enjoy!

Carolyn Dickens

Scrumptious Sweet Potato Pudding - Historic Halifax County Style

3 cups uncooked, grated sweet potatoes
1 stick butter, melted
2 eggs, beaten
1/2 cup coconut (fresh or frozen)
1/8 tsp of nutmeg
1/8 tsp of salt
1 cup of sugar
1/2 cup plain flour
1/4 cup milk

After mixing the first eight ingredients, add the milk to give it a pudding-like consistency, similar to spoon bread. Place it in a lightly greased, 8x8 inch pan. Cook at 350 degrees for around 45 minutes. This can be a side dish or a dessert!

I received this recipe 50 years ago, verbally, from a wonderful cook!
It is still a family favorite!

Jennifer Hansley

Picky Child Sweet Potato Cornbread Muffins

Serving Size: 1 muffin. Number of servings: 20

1 bag of frozen sweet potatoes (heat in bag from cooler section of grocery store)

2 boxes of 8.5 oz. cornbread mix

2 ½ Tbl Sugar

¼ tsp of Salt

1 ½ sticks of butter, melted

5 Tbl Honey

4 Eggs

¾ cup Milk

Heat oven to 400 degrees Fahrenheit. Prepare 2 muffin tins. Cook the sweet potatoes in the microwave to the highest suggested time limit on the bag. Mash them completely and set aside. In a medium bowl, whisk together the cornbread mix, sugar, and salt. Set aside. Melt the butter in a microwavable bowl. Whisk in the honey until creamy. Pour the butter and honey into a large mixing bowl. Add the mashed sweet potatoes. Use a spatula and smash them until they are barely detectable. Look for and remove any hard potato pieces. Mix with the spatula until you have one consistency. In a separate bowl, whisk eggs with a fork and add them to the sweet potato mixture. Add milk and stir with spatula. Add dry ingredients and stir with spatula until just combined. Scoop into muffin cups until ¾ full. Cook for 15 minutes or until golden brown. Allow them to cool on wire racks. Once cooled, they can be stored in an airtight container in the refrigerator.

Karen LeRose

Whiskey-Lemon Sweet Potato Squares

Serving size 1 piece, serves 16

Crust Ingredients:
1 ¾ cups all-purpose flour
11 tbsp butter, melted and cooled
½ tsp salt

Lemon-Infused Sugar Ingredients:
1 ¾ cups granulated sugar
1 large lemon

Sweet Potato Filling Ingredients:
2 large sweet potatoes, baked and cooled
2/3 cups sour cream, room temperature
3 large eggs, room temperature
3 tbsp butter, melted and cooled
2 tbsp whiskey
2 tbsp lemon juice
½ tsp ground cinnamon
½ tsp salt

Crunchy Crumb Topping Ingredients:
1 ½ cups panko bread crumbs (plain)
6 tbsp butter, melted and cooled1/4 cup plus 2 tbsp of the lemon infused sugar, flour, and salt in a large bowl.
1 tsp lemon juice
1 tsp whiskey
¼ tsp ground sugar
1/8 tsp salt

Instructions:

1. Make the lemon-sugar. Combine the sugar and lemon zest in a medium bowl. Rub zest and sugar between your thumb and fingertips until the sugar is fragrant and has the texture of wet sand.
2. Make the crust. Preheat the oven to 350 degrees. Line the bottom and sides of a 9" square baking pan with aluminum foil. Spray with nonstick baking spray. Stir in the melted butter until a dough forms. Stir until no more little bits of flour are visible. Press the dough evenly into the bottom of the prepared pan and prick all over with a fork. Bake until the crust is light brown, 25-30 minutes. Remove from oven and let cool.
3. Make the sweet potato filling. Combine 2 cups of peeled, roasted sweet potatoes, 1 cup lemon infused sugar, the melted butter and the salt in a food processor. Process until smooth. Add eggs, sour cream, whiskey, lemon juice, and cinnamon and process until mixture is smooth. Pour into crust. Bake 15 minutes.
4. Make the crunchy crumb topping. Combine the remaining ¼ cup plus 2 tbsp lemon infused sugar, panko, lemon juice, whiskey, cinnamon, and salt in a medium bowl. Stir in melted butter until crumbs have all been coated.
5. Sprinkle the crumb topping evenly over the sweet potato filling. Return to the oven and bake until the crumb topping is beginning to brown, about 20 minutes. Remove from the oven and let cool. Refrigerate at least 2 hours. Cut into squares and store in an air-tight container in the refrigerator.

Marie Schoening

Sweet Potato Casserole with Homemade candied Maple Bacon, Homemade candied Pecans,
- It is not just a side dish:)

12 ½ lbs sweet potatoes
12 large eggs
½ cup packed brown sugar
2 tablespoons unsalted butter
1 teaspoon pure vanilla extract
½ teaspoon ground cinnamon
⅛ teaspoon ground cloves
1½ teaspoon salt
1¼ cup packed brown sugar
12 cups mini marshmallows
1cup Candied Pecans for top (recipe below)
1 Cup chopped Candied Maple Bacon (recipe below)

Instructions

Cook sweet potatoes. Place in Microwave (poke holes wrap in a paper towel) microwave until soft (approx. 5 min) Preheat oven to 375 degrees F. Butter a 2-quart casserole dish and set aside. Peel cooked potatoes, chop and put in large mixing bowl, add brown sugar. butter. spices, salt, vanilla and eggs. Mash, Spread in prepared dish Top with 1/4 C brown sugar sprinkling evenly over top. Layer alternating Pecans, Marshmallows and Bacon on top.
Bake 15-25 min

Candied Maple Bacon

6 strips of bacon

1/4 cup pure maple syrup

1/2 cup brown sugar (separated)

Place bacon on cookie sheet-coat with brown sugar and syrup- bake 375 for 10 minutes flip sprinkle with more brown sugar- bake additional 5 minutes or until crispy.

Candied Pecans:
Preheat oven to 250 degrees F
1 C sugar
1/4 teaspoon salt
1 large egg white
1 Tablespoon water
1 lb. Pecans
1 teaspoon Cinnamon (optional)
Mix sugar, and together in a small bowl. Whisk egg white and water together in a large bowl until frothy. Toss pecans in the egg white mixture to coat. Slowly pour in sugar mixture and stir until pecans are evenly coated. Spread onto a lined baking sheet. Bake in the preheated oven for 10 minutes. Stir pecans and rearrange into a single layer. Continue to cook, stirring every 10 to 15 minutes, until pecans are evenly browned, another 30 to 50 minutes. Break apart when cool.

Thai Curry Sweet Potato Tempura
(Modified from *All-Purpose Tempura Batter* and *Tempura Vegetables or Seafood* in *The Wok* J Kenji Lopez Alt)

Serves 3 - 4

1 quart Canola Oil (for frying)
1 quart Vegetable Oil (for frying)

1/2 cup Rice Flour
1/2 cup King Arthur Gluten Free Measure for Measure flour
1 teaspoon Kashmiri Chili Powder
1 teaspoon Thai Chili Flake
1 teaspoon Sumac
1 teaspoon Paprika
2 tablespoons Urban Spice Thai Tang mix
2 tablespoons Urban Spice Sweet Thai Curry mix
1 teaspoons Baking Powder
¼ cup Vodka
2/3 cup ice cold soda water
1 medium sized Covington Sweet Potato
1 medium sized Purple Sweet Potato
1 medium sized Asian White Sweet Potato
Sea Salt

Directions:
Combine oil in a large pot or wok and heat to 375 degrees, starting on high heat, then lowering to maintain heat

Line a baking sheet or tray with paper towels for finished tempura

Combine all dry ingredients in a large bowl and mix to combine

Slice potatoes in half along the length, then into 1/8 inch thick half moons. If your potato can fit, a mandolin can help you make even slices.

When ready to fry, add the vodka and soda water to the dry ingredients. Mix until barely combined. There should be lots of bubbles and bits of dry flour

Dip slices of sweet potato in batter, shaking off the excess.

Carefully lay slices into the hot oil and fry for around 1 minute or until golden, this is more difficult to determine with the purple sweet potatoes. Start with either the Covington or Asian sweet potato to get used to the process

Transfer finished pieces to the paper lined tray and continue frying until all pieces are complete.

Finish with sea salt and serve immediately

Cucumber and Daikon Relish

Serves 4

(adapted from *Oi-Muchim* by Maangchi and *Quick Korean Pickles* by Courtney Rowland on neighborfoodblog.com)

1 medium daikon radish with top
2 tablespoons sea salt
2 English cucumbers
1 large bulb green onion
2 garlic cloves
¼ cup soy sauce
¼ cup rice wine vinegar
1 tablespoon sesame seeds

Directions:

Separate top and bottom from daikon radish

Separate leaves from stems

Dice daikon roots, stems and leaves

Rub sea salt into diced daikon and let sit in a bowl for 20 minutes

Drain liquid and rinse

Dice cucumber and green onion. Mince garlic.

Combine all ingredients into a large bowl

Cover and let sit in the refrigerator for at least 1 hour

Serve as side to Thai Curry Sweet Potato Tempura

Gochugaru Yogurt Ranch Dressing
(From *The Wok* by J Kenji Lopez Alt)

Makes 1 cup

½ cup full-fat yogurt
¼ mayonnaise
2 teaspoons granulated garlic
1 teaspoon dehydrated onion
2 cloves fresh garlic, minced
½ ounce fresh dill, minced

1 teaspoon freshly ground black pepper
¼ ounce fresh chives, minced
1 tablespoon lemon juice
2 teaspoons chili flake
sea salt

Directions:
Combine all ingredients in a medium mixing bowl and whisk to combine

Season to taste with salt

Best if refrigerated overnight

Pour into ramekins for dipping

Honey-Miso Mayonnaise for Tempura
(From *The Wok* by J Kenji Lopez Alt)

Makes 1 cup

¾ cup mayonnaise
2 tablespoons white miso
2 tablespoons honey
1 tablespoon rice vinegar

Directions:
Combine all ingredients in a medium bowl and whisk until smooth

Refrigerate for at least 1 hour to let flavors combine

Pour into ramekins for dipping

Soy Dashi Dipping Sauce
(From *The Wok* by J Kenji Lopez Alt)

Makes 1 cup

¾ cup dashi
3 tablespoons mirin
1 tablespoon soy sauce

Directions:
Combine all ingredients in medium bowl

Pour into ramekins for dipping

Soni Mathew

SOUTHERN GOLD

Maple-Buttermilk Sweet potato Casserole with Pistachio Streusel & Maple-Browned-Butter Drizzle

Yield: 10-12 side-dish servings | Serving Size: Approximately ½ cup

Southern Gold *is an elevated take on a classic Southern sweet potato casserole. Silky sweet potatoes are enriched with pure maple syrup and tangy buttermilk, then gently seasoned with vanilla, allspice and a whisper of cayenne. A crisp roasted pistachio and brown-sugar streusel adds savory-sweet crunch, while a delicate drizzle of maple-browned butter brings warm, toasted depth to every bite. Familiar, comforting and unmistakably Southern, with an unexpected pistachio finish.*

INGREDIENTS:

SWEET POTATO FILLING	PISTACHIO STREUSEL	MAPLE-BROWNED-BUTTER DRIZZLE
• 2½ lb sweet potatoes, peeled and cut into 1-inch cubes • 1 tbsp kosher salt, for cooking water • 2 tbsp unsalted butter, softened • 2 large eggs • ¼ cup pure maple syrup • ¼ cup buttermilk • ⅓ cup whole milk • ½ tsp vanilla extract • ½ tsp salt • ⅛ tsp ground allspice • ⅛ tsp cayenne pepper	• ½ cup roasted, salted pistachios, chopped • ½ cup packed light brown sugar • ⅓ cup all-purpose flour • ¼ cup unsalted butter, melted	• 4 tbsp unsalted butter • 2 tbsp pure maple syrup • ⅛ tsp of salt

PREPARATION:

1. PREPARE

Preheat oven to 350°F. Lightly butter a 2-quart baking dish. Place sweet potatoes in a large saucepan; cover with cold water by 1 inch and season with salt. Bring to a boil over high heat, reduce to medium and cook 15-20 minutes, until tender. Drain thoroughly.

2. MAKE THE FILLING

Transfer hot sweet potatoes to a large mixing bowl. Add softened butter and mash until smooth; cool slightly. In a medium bowl, whisk eggs, maple syrup, buttermilk, milk, vanilla, salt, allspice and cayenne. Mix into sweet potatoes until smooth.

3. FILL THE DISH

Transfer filling to the prepared baking dish and smooth into an even layer.

4. MAKE THE STREUSEL

In a medium bowl, combine pistachios, brown sugar and flour. Stir in melted butter until moist crumbs form. Scatter evenly over the filling, leaving larger pistachio pieces visible.

5. BAKE

Bake at 350°F for 30-35 minutes, until the filling is hot and set and the streusel is golden and crisp. Rest 10 minutes.

6. MAKE THE DRIZZLE

Melt butter in a small, light-colored saucepan over medium heat. Cook, swirling frequently, until the milk solids turn golden brown and smell nutty. Remove immediately from the heat and allow the bubbling to subside for approximately 30 seconds. Carefully stir in the maple syrup and ⅛ teaspoon salt until combined.

7. FINISH & SERVE

Lightly drizzle approximately 2 tablespoons of the maple-browned butter over the streusel, leaving the golden crust and green pistachios visible. Serve the remaining drizzle on the side, if desired.

8. STORE

Cover and refrigerate leftovers promptly. Reheat thoroughly before serving.

Claire Siburt

The Super sweet potato Casserole

Serving size: About ¾ cup.

Number of servings: About 10.

Ingredients:

For the potatoes:

3 Sweet potatoes

4 Tbsp. Brown sugar

6 Tbsp. Unsalted butter ("divided" 4 Tbsp. for the potatoes, 2 Tbsp. for the topping, #)

1 ¼ Tsp. Cinnamon ("divided" ¾ Tsp. for potatoes, ½ Tsp. for the topping*)

¼ Tsp. Pumpkin pie spice

¼ Tsp. Paprika

Marshmallows (optional)

For the topping:

¾ cup Rolled oats

½ cup Brown sugar

¼ cup Pecans

"Butter melted see above"

*Cinnamon see above

Equipment:

Small sheet tray

Parchment paper

Large bowl

Small bowl

Potato masher

Rubber spatula

Cooking spray

7" x 10" glass baking dish

Instructions:

For the potatoes:

- Preheat oven to 350°F. Place sweet potatoes on a sheet tray lined with parchment paper. Place in oven for 45 min. to 1 hour depending on the size of the potatoes; until fully cooked. Let cool for 30 min.
- Once cooled, take skin off of potatoes, discard. Chop into quarters. Put potatoes in large bowl. Mash the potatoes with potato masher. Mash in brown sugar, pumpkin pie spice, and cinnamon. Using a rubber spatula stir in paprika.
- Grease baking dish with cooking spray. Scoop sweet potatoes into baking dish and spread evenly. Bake sweet potatoes in oven for 15 min. *Optional:* add marshmallows when 5 minutes remain on the timer.

For the topping:

- In a small bowl, stir together oats, brown sugar, butter, cinnamon, and pecans.

Serving and Garnishing suggestions

Sprinkle with cinnamon and/or topping, using spatula cut a message into the casserole, serve using large spoon or spatula.

Storage instructions

Can be stored in plastic container in refrigerator for up to five days

Adapted from the original recipe from my son at age 6 in 2023.

Andre De la Vallette

"Fresh from the Patch" Sweet Potato Cookies

A little taste of fall, straight from the garden! These brown butter sweet potato cookies are shaped like freshly dug sweet potatoes and finished with a delicate layer of maple cinnamon frosting. Nestled in chocolate graham cracker soil alongside playful gummy earthworms and fresh sweet potatoes, this rustic harvest display celebrates crisp autumn days, muddy garden hands, and the simple joy of bringing home the harvest.

Yield: 16 cookies
Servings: 16
Serving Size: 1 cookie
Oven Temperature: 350°F
Baking Time: 11–14 minutes per batch

Ingredients

Brown Butter Sweet Potato Cookies

- ⅓ cup cooked sweet potato, mashed, cooled, and blotted
- ½ cup unsalted butter
- Room-temperature water, as needed to restore browned butter to ½ cup
- ⅓ cup packed light brown sugar
- 2 tablespoons granulated sugar
- 1 large egg yolk
- 1½ teaspoons vanilla extract
- 1½ cups all-purpose flour
- ½ teaspoon baking soda
- ½ teaspoon ground cinnamon
- ½ teaspoon fine salt
- ¼ cup white chocolate chips, finely chopped

Maple Cinnamon Frosting

- ¼ cup unsalted butter, softened
- 1 cup powdered sugar
- 2 teaspoons pure maple syrup
- ½ teaspoon vanilla extract
- ⅛ teaspoon ground cinnamon
- ⅛ teaspoon fine salt
- Up to 1 teaspoon milk, if needed

- Red gel food coloring, as needed
- Brown gel food coloring, as needed

Harvest Display

- Chocolate graham crackers, finely crushed, enough to cover the serving tray
- 6 prepared sweet potato cookies
- Whole, fresh sweet potatoes, for decoration
- Gummy worms, for decoration

Preparation Method

Prepare the Cookies

1. Prepare the sweet potato. Bake a sweet potato until tender. Allow to cool completely, remove the skin, and mash until smooth. Blot excess moisture with paper towels. Measure ⅓ cup of the prepared sweet potato.

2. Brown the butter. Melt ½ cup unsalted butter in a small, light-colored saucepan over medium heat, stirring frequently. Continue cooking until the milk solids turn golden brown and develop a nutty aroma, approximately 5–8 minutes. Immediately transfer to a heatproof measuring cup, including the browned bits.

3. Restore the moisture. Allow the browned butter to cool for approximately 10 minutes. Carefully add room-temperature water until the total volume reaches ½ cup. Stir gently and allow to cool until lukewarm.

4. Combine the wet ingredients. In a large mixing bowl, stir together the browned butter mixture, ⅓ cup light brown sugar, and 2 tablespoons granulated sugar. Add ⅓ cup mashed sweet potato, 1 egg yolk, and 1½ teaspoons vanilla extract. Mix until smooth.

5. Combine the dry ingredients. In a medium mixing bowl, whisk together 1½ cups all-purpose flour, ½ teaspoon baking soda, ½ teaspoon cinnamon, and ½ teaspoon salt.

6. Make the dough. Gradually stir the dry ingredients into the wet mixture until just combined. Fold in ¼ cup finely chopped white chocolate chips.

7. Chill the dough. Cover the mixing bowl and refrigerate for 45–60 minutes, or until the dough is firm enough to shape.

8. Shape the cookies. Divide the dough into 16 equal portions. Shape each portion into an oval approximately 2½ inches long and 1¼ inches wide. Keep the center slightly plump, taper the ends, and gently flatten to approximately ½ inch thick. Vary the shapes slightly to resemble naturally grown sweet potatoes.

9. Chill the shaped cookies. Arrange the cookies approximately 2 inches apart on a parchment-lined baking sheet. Refrigerate for 15–20 minutes.

10. Bake the cookies. Preheat the oven to 350°F. Bake one sheet at a time on the center rack for approximately 11–14 minutes, until the edges are set, the bottoms are lightly golden, and the centers are no longer glossy.

11. Cool the cookies. Allow the cookies to cool on the baking sheet for 10 minutes. Transfer to a wire rack and cool completely before frosting.

Prepare the Maple Cinnamon Frosting

12. Cream the butter. In a medium mixing bowl, beat ¼ cup softened unsalted butter with an electric mixer for approximately 2 minutes, until smooth and creamy.

13. Add the powdered sugar. Gradually beat in 1 cup powdered sugar until fully incorporated.

14. Flavor the frosting. Add 2 teaspoons maple syrup, ½ teaspoon vanilla extract, ⅛ teaspoon cinnamon, and ⅛ teaspoon salt. Beat until smooth. If necessary, add milk ¼ teaspoon at a time, up to 1 teaspoon, until the frosting is spreadable.

15. Color the frosting. Add small amounts of red gel food coloring, followed by a tiny amount of brown, until the frosting resembles the muted reddish-purple skin of a sweet potato. Reserve a small portion and tint it slightly darker for details.

Decorate the Cookies

16. Frost the cookies. Spread approximately 1–1½ teaspoons of maple cinnamon frosting in a thin layer over each cooled cookie, following its natural oval shape.

17. Add realistic details. Use a toothpick to create a few shallow, irregular lines in the frosting. Add two or three small dots or short marks using the darker frosting to resemble the eyes and natural imperfections of sweet potato skin.

18. Set the frosting. Allow the decorated cookies to rest in a cool location until the frosting is firm enough for careful handling.

Assemble the Harvest Display

19. Prepare the chocolate soil. Place chocolate graham crackers in a large food processor and process until they resemble loose garden soil, leaving a few larger crumbs for texture. Spread the crumbs over a food-safe serving tray inside a rustic wooden crate.

20. Arrange the cookies. Nestle the decorated sweet potato cookies into and around the chocolate graham cracker soil. Position them at slightly different angles to resemble freshly dug sweet potatoes, keeping each cookie easily accessible for judging.

21. Add the fresh harvest. Arrange whole, fresh sweet potatoes around the edges of the crate, separated from the edible cookies and crumbs by a food-safe barrier. Their natural shapes and colors create the appearance of a plentiful fall harvest.

22. Add the earthworms. Partially bury gummy worms throughout the chocolate graham cracker soil, allowing a few to peek through the surface. The gummy worms represent earthworms, an important part of healthy, living garden soil.

23. Present the harvest. Serve the cookies nestled in the edible chocolate graham cracker soil, surrounded by the rustic harvest decorations. Judges can lift individual cookies directly from the display for tasting.

24. Store leftovers. Store leftover frosted cookies in a single layer in an airtight container in the refrigerator for up to 4 days. Allow to come to room temperature before serving. Store the graham cracker crumbs separately to maintain their texture.

The Inspiration Behind "Fresh from the Patch"

There is something special about digging sweet potatoes on a crisp autumn day, brushing away the soil, discovering what has grown beneath the vines, and carrying home the season's harvest.

These brown butter sweet potato cookies capture that nostalgic garden experience in every bite. Finished with maple cinnamon frosting and nestled in rich chocolate graham cracker soil, the cookies look as though they have just been pulled from the earth. Playful gummy earthworms celebrate the healthy soil beneath our feet, while real sweet potatoes complete the rustic harvest scene.

Roasted Sweet Potato and Apple Bisque

2 slices bacon
2 tablespoons butter
¾ cup diced carrot
½ cup diced celery
¾ cup diced onion
1 tablespoon minced garlic
3 cups of roasted sweet potato, divided (bake three medium sweet potatoes in a 425 degree oven for one hour, removing flesh from skins after partially cooled)
½ cup of baked apple (bake two apples for 30-40 minutes at 425 degrees, removing the skin and core after partially cooled)
3 cups low sodium chicken broth
1 ½ teaspoons salt
3/8 teaspoon white pepper
½ tablespoon fresh squeezed lemon juice

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- In a large pot over medium heat, cook bacon until fat is rendered. Add butter and after melted, add the carrots, celery and onion and cook until softened, about 7 minutes. Season with the salt and white pepper. Add garlic and cook for 30 seconds. Add the apple and 2 ½ cups of the roasted sweet potato until just incorporated. Add the chicken broth and stir while bringing to a boil. Turn the heat down to simmer and cook for 45 minutes. Remove the bacon, add the lemon juice and blend with a stick blender until smooth. Press the bisque through a fine mesh sieve to make a smooth consistency. Cooled bisque may be stored in a plastic or glass container in the refrigerator.

Brandy-Infused Sweet Potato Whipped Cream

½ cup of heavy whipping cream
2 tablespoons reserved roasted sweet potato, pushed thru a fine sieve
1 ½ tablespoons brandy

- With a hand mixer, whip the heavy cream in a cold metal bowl until it just begins to thicken. Add sweet potato until completely whipped. Gently stir in brandy with a spatula. May be stored in the refrigerator in a plastic or glass container.

Chili-Garlic Peach Drizzle

2 peeled and pitted peaches, diced

1 tablespoon of water

2 tablespoons chili-garlic sauce (Huy Fong Foods brand is used in this recipe)

- Add diced peaches and water to a small pot and cook on low until the peach becomes soft. Use a fork or spatula to break down the flesh into a puree. Strain through a fine mesh sieve. Combine ¼ of this puree in a small bowl with the chili garlic sauce and stir until smooth. Add more chili-garlic sauce for additional heat. May be stored in the fridge, or may also be frozen.

Country Ham Crisp

4 oz thinly sliced country ham

- Cook the country ham slices over medium heat until browned. On a cutting board, roughly chop up the ham into small pieces using a sharp chef's knife. Store in plastic or glass container in refrigerator.

Sweet Potato Crunch

2 oz sweet potato chips

Add sweet potato chips to zip-bag and lightly roll with a rolling pin until small sprinkle-bits are formed. May be stored in zip-bag.

Assemble and Serve

Add the bisque to a bowl. Top with a dollop of the brandy-infused whipped cream, drizzle the chili-garlic peach puree, and sprinkle the country ham crisp and sweet potato crunch over top. Bon Appetit!

Kortney Jacobs

Brown Butter Bourbon Sweet Potato Casserole

with Glazed Pecans and Maple Bourbon Butter

Servings: Approximately 12 • Serving size: Approximately ½ cup casserole with 1 tablespoon maple bourbon butter

INGREDIENTS

Sweet Potato Filling

4 pounds locally grown sweet potatoes, scrubbed
Olive oil, for lightly coating potatoes
French sea salt, for sprinkling over potatoes
½ cup unsalted butter
½ cup packed dark brown sugar
½ cup heavy cream, at room temperature
1 tablespoon bourbon
1 teaspoon vanilla bean paste
1 teaspoon ground cinnamon
½ teaspoon French sea salt
¼ teaspoon ground nutmeg
2 large eggs, at room temperature and beaten

Glazed Pecan Topping

6 tablespoons unsalted butter, divided
1½ cups chopped pecans
1 generous pinch French sea salt
¾ cup plus 3 tablespoons packed dark brown sugar, divided
½ cup all-purpose flour

Maple Bourbon Butter

½ cup salted butter, softened
3 tablespoons pure maple syrup
1½ teaspoons bourbon
½ teaspoon vanilla bean paste
¼ teaspoon ground cinnamon

DIRECTIONS

1. Roast the sweet potatoes.
Preheat oven to 350°F. Lightly drizzle potatoes with olive oil and sprinkle with French sea salt. Wrap each individually in aluminum foil and place on a large rimmed baking sheet. Bake approximately 1 hour, until fork-tender; time varies with potato size. Carefully unwrap, split open, and let steam escape for 5 minutes.

2. Brown the butter.
Melt ½ cup unsalted butter in a small saucepan over medium-low heat. Cook, stirring frequently, approximately 5-8 minutes, until milk solids are golden brown and smell nutty. Remove from heat immediately.

3. Mash the potatoes.
Scoop flesh into a large mixing bowl; discard skins. Beat with an electric mixer on medium speed for 1-2 minutes, until smooth. Remove any fibrous strings caught on the beaters.

4. Glaze the pecans.
Melt 3 tablespoons topping butter in a large skillet over medium heat. Add pecans and the pinch of French sea salt. Cook, stirring, 3-4 minutes, until fragrant. Turn off heat. Stir in 3 tablespoons dark brown sugar until pecans are coated. Spread on a parchment-lined large plate; cool 5 minutes.

5. Prepare the filling.

Mix browned butter, dark brown sugar, cream, bourbon, vanilla bean paste, cinnamon, French sea salt, and nutmeg into potatoes until smooth. Cool until warm rather than hot, then mix in beaten eggs.

6. Fill the casserole dish.

Lightly grease a deep 8 × 8-inch casserole dish. Spread filling evenly, leaving room for topping. For a thinner casserole, use a 9 × 13-inch casserole dish.

7. Prepare the topping.

Melt remaining 3 tablespoons topping butter in a small saucepan over low heat, 1-2 minutes. In a medium mixing bowl, combine glazed pecans, remaining ¾ cup dark brown sugar, and flour. Stir in melted butter with a fork until crumbly. Sprinkle over filling.

8. Bake the casserole.

Bake uncovered in the fully preheated 350°F oven approximately 40 minutes, until center reaches 165°F and topping is golden. Tent loosely with foil if browning too quickly. For a 9 × 13-inch dish, begin checking at 25-30 minutes. Rest 10 minutes.

9. Make the maple bourbon butter.

In a medium mixing bowl, beat softened salted butter with an electric mixer 1-2 minutes, until fluffy. Gradually beat in maple syrup, bourbon, vanilla bean paste, and cinnamon until combined.

10. Serve.

Spoon warm casserole onto individual plates. Top each serving with a small dollop of maple bourbon butter.

11. Store.

Refrigerate casserole and maple bourbon butter within 2 hours. Store covered in refrigerator; use within 3-4 days. Reheat casserole to 165°F before serving.

Ava Barbry

Pecan Pie Loaded Sweet Potatoes

A cozy fall inspired sweet side dish perfect for Thanksgiving or any holiday gathering.

Servings: 8

Ingredients:

SWEET POTATOES

- 8 medium sweet potatoes
- 8 tbsp butter
- Cinnamon

PECAN PIE TOPPING

- 1 ½ cup chopped pecans
- ½ cup brown sugar
- ¼ cup light corn syrup
- 4 tbsp butter
- ¼ cup heavy whipping cream
- 1 tsp vanilla extract
- ½ tsp cinnamon
- Pinch of salt

BUTTERY CRUMBLE

- ¼ cup all-purpose flour
- ¼ cup brown sugar
- 2 tbsp softened butter
- Tsp cinnamon

Instructions:

1. Bake potatoes - Heat oven to 400 degrees fahrenheit. Scrub and dry potatoes, pierce with fork, and bake on baking sheet 45-60 minutes until fork tender.
2. Make pecan topping - Over medium low heat, melt for tbsp butter with ½ cup brown sugar, corn syrup, cream, cinnamon and salt. Simmer for 3-5 minutes, stirring. Add chopped pecans and cook for 2 minutes. Remove from heat, and stir in vanilla.
3. Bake crumble - Mix flour, brown sugar and cinnamon in a bowl. Work in softened butter until crumbly. Spread on a baking sheet at 350 degrees for 8-10 minutes until golden; let cool and crumble.
4. Fill potatoes - Slice potatoes lengthwise without cutting all the way through. Fluff the flesh and add one tbsp butter and cinnamon to each. Distribute pecan filling between all potatoes and sprinkles with crumble.
5. Second bake - Top with mini marshmallows (optional) and bake at 350 degrees for 5-8 minutes. Optional: Turn on broil 30-60 seconds, watching closely. Serve Warm!

Stefanie Ion

Sweet Potato Dumplings

12 Servings 45 Minutes

Serving size: 1 Dumpling with glaze

INGREDIENTS

Dumplings:

2 Medium Sweet Potatoes

2 (16.3 oz) cans Butter flavored Southern style biscuits

Glaze:

2 ½ cups Water

2 cups of Sugar

2 Tbsp Cornstarch

½ Cup Butter (salted)

1 tsp Cinnamon (ground)

DIRECTIONS

1. Preheat oven to 350 degrees F
2. Peel and slice sweet potatoes into 12 ½ inch thick slices.
3. Roll out 12 biscuits to ¼ inch thickness
4. Pinch biscuits fully closed around raw sweet potato slices.
5. Place wrapped slices in an ungreased 9x13 glass baking dish.

For Glaze:

1. In a medium pot, combine sugar, water, cornstarch, butter, and cinnamon. Stirring constantly, bring to a boil over medium heat. Continue to boil until thickened to a syrup (about 10min)
2. Pour syrup over the dumplings. It will thicken to a glaze as it bakes.
3. Bake uncovered for 30 min or until sweet potato is fork tender and biscuits are browned and cooked through.

NOTES

Serve warm with glaze

Amy May

Sweet Potato Cobbler

Sweet Potato Showdown Home Chef Challenge

Don't leave sweet potatoes as "just a side;" give them a place of honor on the dessert table.

Base Ingredients:

4 ½ cups Sweet Potato, peeled & diced

2 cups Apple, diced

½ cup Sugar

1/3 cup Dried Cranberries

¼ cup Flour

½ tsp. each Cinnamon & Ground Clove

Topping Ingredients:

1 cup Quick Oats

1 cup Brown Sugar

4 Tbsp. Butter

½ cup sweet potato

Put diced sweet potatoes in a medium pot and cover with water.

Heat on medium to a simmer and cook 5 minutes.

Reserve liquid and ½ cup diced sweet potato

Mix 4 cups sweet potato, apple, and cranberries and spread in a 9x13 baking dish.

In a medium bowl, mix 2 cups of the reserved cooking liquid with sugar, flour, cinnamon, and clove. Then pour on sweet potato mix.

Mash the sweet potato until smooth.

Add oats, brown sugar and butter. Mix until crumb

Spread over mixture in baking dish.

Bake at 350 degrees for 30 minutes or until hot and bubbly.

Enjoy.