

Sweet Potatoes

Despite its name, the sweet potato really doesn't belong to the same family as the potato, not even close. Potatoes are tubers, sweet potatoes are roots. Sweet potatoes, especially the deeper-colored ones, are extremely rich in carotenes (precursor of vitamin A). They are also an excellent source of vitamins C, B2, B6, E and biotin (B7). Known to be one of the most nutritious vegetables around.



Growing info: Sweet Potatoes are grown from “slips” which are propagated sweet potato cuttings. They are a heat loving crop and so we plant them in mid May for a fall harvest.

Common Problems: 2011 will be the first attempt at sweet potatoes for us so we'll see how it goes!

TIPS:

Storage: Sweet Potatoes need a cool place to store well. They will store for a very long time if kept cool (55-60degrees) and dry. If spots of rot appear, they can be cut off completely and the potato will form a new “skin” to protect the insides from further rot.

Long-term Storage: Store in a dark cool place for months.

General Cooking Tips: Sweet Potatoes sweeten when cooking. Slow baking in particular will give a sweeter result than will cooking with faster methods.

Baked Sweet Potato Fries

House Seasoning:

1 cup salt
1/4 cup black pepper
1/4 cup garlic powder

Olive Oil, for tossing

5 sweet potatoes, peeled and sliced into 1/4-inch long slices, then 1/4-wide inch strips, using a crinkle cut knife

Oil

1 tablespoon House Seasoning
1/2 teaspoon paprika

For the House Seasoning:

Directions

Mix ingredients together and store in an airtight container for up to 6 months.

Preheat oven to 450 degrees F.

Line a sheet tray with parchment. In a large bowl toss sweet potatoes with just enough oil to coat. Sprinkle with House Seasoning and paprika. Spread sweet potatoes in single layer on prepared baking sheet, being sure not to overcrowd. Bake until sweet potatoes are tender and golden brown, turning occasionally, about 20 minutes. Let cool 5 to 10 minutes before serving.

from Paula Deen

KK's Quinoa Salad with Black Bean and Sweet Potatoes

1/2 cup quinoa
1 Tablespoon Olive Oil
1 medium sweet potato peeled and diced
1 scallion, thinly sliced
1/4 teaspoon dried red chile flakes (I used chile powder)
1 cup water
1/2 teaspoon salt
3/4 cup canned black beans, drained and thoroughly rinsed
Juice of 1 lime
2 Tablespoons chopped fresh cilantro

1. Place quinoa in a small-mesh sieve and rinse thoroughly. Heat oil over medium-high heat in a medium skillet with a tight-fitting lid. Add sweet potato, scallion, and chile and sauté until fragrant, about 2 minutes.

2. Add quinoa; toast for 2 minutes. Add water and salt. Bring to a boil, reduce heat to medium low, and cover. Simmer until quinoa and sweet potato are tender, about 10 to 12 minutes until it boils off.

3. Stir in black bean and lime juice. Serve warm or chilled, sprinkled with cilantro.

Sweet Potato Casserole

4 cups sweet potato, cubed
1/2 cup white sugar
2 eggs, beaten
1/2 teaspoon salt
4 tablespoons butter, softened
1/2 cup milk

1/2 teaspoon vanilla extract

Topping:

1/2 cup packed brown sugar
1/3 cup all-purpose flour
3 tablespoons butter, softened
1/2 cup chopped pecans
1. Preheat oven to 325 degrees F (165 degrees C). Put sweet potatoes in a medium saucepan with water to cover. Cook over medium high heat until tender; drain and mash.
2. In a large bowl, mix together the sweet potatoes, white sugar, eggs, salt, butter, milk and vanilla extract. Mix until smooth. Transfer to a 9x13 inch baking dish.
3. In medium bowl, mix the brown sugar and flour. Cut in the butter until the mixture is coarse. Stir in the pecans. Sprinkle the mixture over the sweet potato mixture.
4. Bake in the preheated oven 30 minutes, or until the topping is lightly brown.

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