

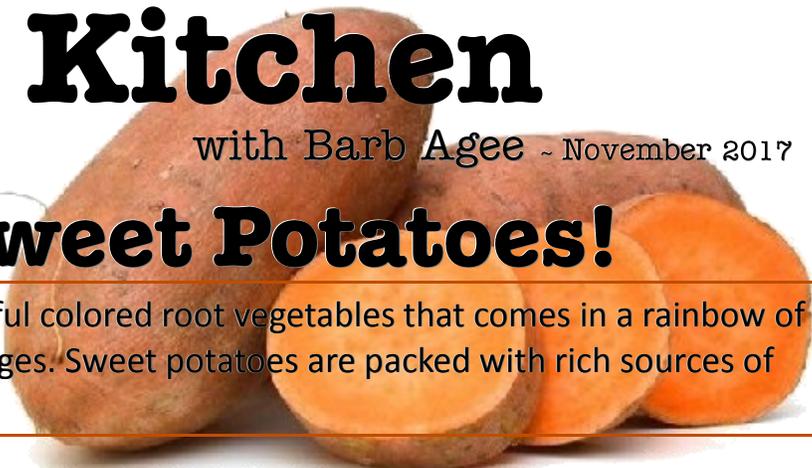


In the Kitchen

with Barb Agee ~ November 2017

“Sweet” on Sweet Potatoes!

Sweet potatoes are bright and beautiful colored root vegetables that comes in a rainbow of colors of white, red, purples and oranges. Sweet potatoes are packed with rich sources of vitamins A and C and potassium.



Curried Beef with Sweet Potatoes

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| 1¼ pounds petite sirloin steak, trimmed and thinly sliced | 1 medium onion, thinly sliced |
| 4 cups sweet potatoes, peeled, cut into small cubes | 1 bay leaf |
| One 14½ ounce can diced tomatoes, drained | 3 large garlic cloves, minced |
| 4 ounces fresh green beans, trimmed and into 2-inch pieces** | 1 tablespoon ginger, minced |
| 1½ cups raw rice, cooked according to package instructions | 1 tablespoon curry powder |
| Salt and pepper | One 14 ounce can of coconut milk |
| 4 tablespoons olive oil, divided | 1 medium red sweet pepper, seeded and diced |
| 1 cinnamon stick | Juice of 1 lime |
| 8 whole cloves | Fresh cilantro, chopped |

Season the steak with salt and pepper. In a hot saucepan, heat 2 tablespoons of olive oil over medium-high heat. Sear the steak on all sides quickly not cooking meat through. Transfer meat to a plate; set aside.

Add the remaining 2 tablespoons of olive oil to the saucepan. Fry the cinnamon stick and whole cloves until the cinnamon unfurls and the cloves swell, about 2 minutes. Remove spices and discard. Add onion and bay leaf; sauté until onion turns golden but still slightly firm, 3 to 4 minutes.

Add the garlic, ginger, curry powder; sauté until fragrant, 1 minute. Stir in the sweet potatoes, coconut milk and tomatoes; cover. Reduce the heat to medium and simmer about 10 minutes or until potatoes are tender. Add seared steak and its juices, beans and bell pepper; simmer to heat through, 5 minutes.

Finish with lime juice and salt to taste. Serve over rice and garnish with cilantro. *Serves 6*

**may substitute frozen peas, thawed and drained

Honey-Lime Roasted Sweet Potatoes

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| 3 pounds sweet potatoes, peeled, cut into 1-inch cubes | ½ cup honey |
| 1 tablespoon olive oil | ¼ cup fresh lime juice |
| ½ teaspoon cayenne | ¼ teaspoon cinnamon |
| 1½ teaspoons kosher salt | fresh cilantro, chopped for garnish |

Preheat oven to 400°F. In a large bowl mix olive oil, cayenne and salt together. Add potato cubes and toss to coat evenly. Spread on a baking sheet. Roast for 20 to 25 minutes, until fork tender.

In a small bowl whisk honey, lime juice and cinnamon together. Pour the glaze over the hot potatoes; roast for 5 more minutes. Transfer to a serve dish and garnish with the cilantro. *Serves 8*

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Sweet Potato Bisque

1 tablespoon butter	1 teaspoon pepper
1 tablespoon olive oil	3 cups chicken broth, divided
3 large carrots, peeled and chopped	1½ cup sweet potatoes, mashed
1 medium onion, peeled and chopped	½ cup cream
1 teaspoon dried marjoram	2 tablespoons sour cream, optional
1 teaspoon turmeric	2 tablespoons chives, chopped (<i>optional</i>)
1 teaspoons salt	

In a pot, melt butter and olive oil together over medium heat. Add carrots, onion, marjoram, turmeric, salt and pepper; cook stirring occasionally until carrots are just tender. Add 2 cups broth; cover and bring to a boil over high heat. Reduce heat to medium; cook covered until vegetables are softened, 10 minutes.

Remove from heat; stir in mashed sweet potatoes. In batches, puree soup in a food processor. Return to pot; stir in remaining 1 cup of broth and cream. Heat bisque over medium-low until heated through, 2 to 3 minutes. Serve drizzled with sour cream and sprinkled with chives, if desired. *Serves 6*

Sweet Potato Custard

4 pounds sweet potatoes	1 teaspoon nutmeg
8 large eggs	¼ cup pure maple sugar
4 cups whole milk	½ cup pecans, toasted and chopped
½ cup brown sugar	Sweet whipped cream
2 teaspoons kosher salt	

Preheat oven to 400°F. Pierce each sweet potato several times with a fork. Lay the sweet potatoes on a foil lined baking sheet. Bake until the sweet potatoes are soft, about 1 hour. Remove from oven and lower the temperature to 300°F. Let the potatoes cool slightly; then peel. While still warm, transfer to a large bowl and mash.

In another large bowl, whisk together the eggs, milk, brown sugar, salt and nutmeg. Then whisk in the sweet potatoes. Using a food processor and working in batches, puree the sweet potato mixture. Pour into a greased 4 quart casserole dish. Place on a baking sheet and bake until just set but still jiggly in the center, about 50 minutes. Serve with a dollop of whipped cream, a drizzle of maple syrup and sprinkle of pecans.

Serves 8 to 10

Sweet Potato Medallions with Almond Sauce and Chickpeas

2 small ruby red sweet potatoes, peeled	One 15 ounce can chickpeas, rinsed and drained
¼ cup creamy almond butter	5 ounce container baby arugula
3 tablespoons warm water	Kosher salt
3 tablespoons fresh lemon juice, divided	1 teaspoon freshly ground black pepper
3 tablespoons olive oil, divided	

Preheat oven to 400°F. Prick sweet potatoes all over with a fork; Rub the sweet potatoes with 1 tablespoon olive oil; place on a baking sheet. Bake just until tender, about 35 to 40 minutes. Cool; slice into ½-inch thick rounds.

Whisk together the almond butter, water and 1 tablespoon lemon juice in a bowl. Add salt to taste. Set aside.

Brush sweet potato slices with 2 tablespoons olive oil. Heat a large skillet over medium-high heat. Working in batches, brown potato slices on both sides. Combine 2 tablespoon lemon juice, 2 tablespoons olive oil, ¾ teaspoon salt and pepper in a large bowl. Toss chickpeas with the lemon juice mixture. Add the arugula and toss again. Divide the chickpea mixture among 8 plates; top with the warm sweet potato rounds. Drizzle the almond butter sauce over the potatoes. *Serves 8*