

Savory Whipped Sweet Potatoes

Topped with Spiced Pecans

Brittany Allyn

Serves 4

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2 lbs sweet potatoes peeled
4 TBSP softened Butter
½ tsp Cayenne Pepper
¾ tsp Salt plus more for boiling

For Pecans:

½ cup Pecan pieces
2 TBSP Sugar
1 pinch of Cinnamon
1 pinch of Cayenne



Cut the sweet potatoes into even sized pieces (about 3 inch). Place in a pot adding just enough water to cover and add salt to water. Bring to a boil then reduce to simmer and simmer for 10-12 minutes or until a toothpick will insert all the way through the pieces but with slight resistance.

Meanwhile, place the pecans, sugar, pinch of cayenne and pinch of cinnamon in a small skillet or pan. Heat the mixture over medium heat, stirring frequently as the sugar melts and starts to coat the pecans. When the pecans are completely coated and shiny, remove from heat and spread out over a sheet of waxed paper to cool. Once they cool, if any have stuck together, break them apart.

Drain potatoes and put back in warm pot while preparing food processor or until the pieces are no longer wet looking. Place potatoes in food processor and pulse several times. Add butter, cayenne and ¾ tsp salt and process until smooth. Serve with the candied pecans sprinkled on top.