

Sweet and Crunchy Sweet Potato Dish, John Blakeman, Ph.D. '20

Ingredients 4 Large Sweet Potatoes 2/3 Stick (about 5.5 tablespoons) - Salted Butter 2/3 Cup - Brown Sugar (packed) Salt (to taste)	Directions Peel the sweet potatoes, and cut them into approximately 1.5 to 2 inch cubes/chunks. Boil the sweet potatoes in water until you are easily able to stick a fork about half an inch into the potatoes. (You don't want to cook them all the way through, as they'll finish cooking in the butter.) Drain the water, and dry off the potatoes. (Caution: They will be hot!) Over medium-high heat, melt the butter, and add in the potatoes. Fry the potatoes, turning occasionally, in the butter until they begin to develop a light golden brown exterior. Pour the brown sugar over the potatoes, spreading it around evenly. Continue to cook the sweet potatoes with the brown sugar until the brown sugar has completely coated the potatoes and begins to caramelize. Continue to cook the potatoes until all of the brown sugar has been absorbed and is sticking to the outside of the potatoes.	Notes You might be saying to yourself, "Really? Brown sugar ' <i>encrusted</i> ' sweet potatoes? This isn't fish or some fancy cut of meat!" But once you eat these sweet potatoes, you'll understand that they're truly surrounded by a sweet, slightly crunchy brown sugar exterior. And while we're at it, I'm not sure that this dish should really be classified as a "veggie" dish, considering the amount of butter and brown sugar in the recipe... But as long as we can get away with it, we will consider it a vegetable dish!
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Beware: Don't be tempted to add too much butter; you need the perfect ratio of brown sugar to butter to keep the exterior slightly crunchy. You don't want brown sugar/butter soup!