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FOOD

Mashed Sweet Potatoes

Don't wait until the holidays to enjoy the honeyed flavor and velvety texture of these colorful root vegetables. Their buttery flesh and sweet taste make them enjoyable simply mashed.

INGREDIENTS

Makes 3 cups.

2 medium sweet potatoes, peeled and cut into 2-inch chunks

1/2 cup half-and-half

3 tablespoons butter

2 tablespoons light-brown sugar

Coarse salt and ground pepper

DIRECTIONS

1. Set a steamer basket in a large saucepan. Fill with enough water to come just below basket; bring to a boil, then reduce to a gentle simmer. Place sweet potatoes in steamer basket and cover; steam until tender, 15 to 25 minutes. Drain, and return to saucepan.

2. Meanwhile, in a small saucepan, bring half-and-half, butter, and brown sugar to a simmer, stirring to combine; remove from heat. Add to drained sweet potatoes, and mash just until smooth; season with salt and pepper.

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