

■ Jamaican Sweet Potato Pudding Recipe ■

Also known as “**Hell a top, Hell a bottom, Hallelujah in the middle**”, this is a traditional Jamaican dessert made with grated sweet potatoes, coconut milk, and warm spices.

Ingredients

- 2 lbs Jamaican sweet potatoes (purple-skinned, white flesh type preferred)
- 1 cup grated coconut (or 1 can coconut milk, unsweetened)
- 1 cup brown sugar (adjust to taste)
- ½ cup flour (for binding)
- ½ tsp salt
- 2 tsp ground cinnamon
- 1 tsp grated nutmeg
- 1 tsp ground ginger (or 1 tbsp grated fresh ginger)
- 1 tsp vanilla extract
- ½ cup raisins (optional, soaked in rum or water)
- 2 tbsp melted butter (or margarine)
- ½ cup rum or red label wine (optional, for flavor)

For the Custard Topping

- ½ cup coconut milk
- 2 tbsp sugar
- 1 tsp flour
- A pinch of grated nutmeg

Instructions

Step 1: Prepare the Base

Peel and wash the sweet potatoes, grate them finely, and prepare the coconut milk.

Step 2: Mix the Batter

Combine grated sweet potato, coconut milk, sugar, flour, salt, spices, vanilla, raisins, butter, and rum/wine. Mix well.

Step 3: Bake the Pudding

Preheat oven to 350°F (175°C). Grease a baking pan, pour in the mixture, and bake for 1 hour.

Step 4: Add the Custard Topping

Mix topping ingredients and pour over pudding after 1 hour. Return to oven for 30–45 minutes until golden brown.

Serving Suggestion

Cool slightly before cutting into squares. Serve warm or at room temperature with sorrel, ginger beer, or Jamaican tea.