

Sweet Potato Pudding (sometimes called “*Hell a top, Hell a bottom, Hallelujah in the middle*” in Jamaica) is a traditional Jamaican dessert made with grated sweet potatoes, coconut milk, spices, and a touch of rum. Here’s how you can make it:

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

1. Peel and wash the sweet potatoes.
2. Grate them finely (traditionally with a hand grater, but a food processor works too).

3. If using fresh coconut, grate and extract the milk with warm water, or use canned coconut milk.

Step 2: Mix the Batter

1. Combine grated sweet potato, coconut milk, sugar, flour, salt, spices, vanilla, raisins, butter, and rum/wine.
2. Stir until smooth and well combined. The mixture should be thick but pourable.

Step 3: Bake the Pudding

1. Preheat oven to **350°F (175°C)**.
2. Grease a baking pan with butter.
3. Pour the mixture into the pan.
4. Bake for **1 hour**.

Step 4: Add the Custard Topping

1. Mix the custard topping ingredients (coconut milk, sugar, flour, nutmeg).
2. Pour gently over the pudding after it bakes for 1 hour.
3. Return to the oven and bake for another **30–45 minutes** until firm and the top is golden brown.

Serving

- Cool slightly before cutting into squares.
- Serve warm or at room temperature.
- Best enjoyed with a glass of sorrel drink, ginger beer, or Jamaican tea.