

Can you tell me the best way to boil sweet potatoes

Absolutely! Boiling sweet potatoes is simple and brings out their natural sweetness. Here's the best way to do it:

Best Way to Boil Sweet Potatoes

Ingredients:

- Sweet potatoes (any variety: orange, white, yellow, or purple)
 - Water
 - Salt (optional)
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Preparation:

1. Wash Thoroughly:

- Scrub the sweet potatoes well under running water to remove dirt. You can boil them with or without skin.

2. Peel (Optional):

- You can peel them if you prefer a softer texture or plan to mash them.
- Leaving the skin on adds fiber and holds the shape better.

3. Cut into Even Pieces:

- Slice into chunks or rounds, about 1½ to 2 inches thick. Even pieces ensure even cooking.
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Boiling Instructions:

1. Place in Pot:

- Put the sweet potato pieces in a large pot.

2. Cover with Cold Water:

- Add enough water to cover the pieces by at least 1 inch.

3. Add Salt (Optional):

- About ½ to 1 tsp of salt for flavor.

4. **Boil:**

- Bring to a boil over high heat, then reduce to medium.
- Boil gently for **15–20 minutes** or until fork-tender (a fork should slide in easily).

5. **Drain:**

- Pour off the hot water and let them sit for a minute to steam dry.
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Serving Ideas:

- Serve plain, with a **little butter or coconut oil**
 - Sprinkle with **cinnamon** or **nutmeg** for a touch of flavor
 - Great alongside **saltfish, callaloo, steamed cabbage, or eggs**
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Would you like tips on how to mash them or make them into a salad too?