

XCentric Ideas

What did the Sweet Potato say to
the Potato?

"I think, therefore I yam!"

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Recipes from the Internet
Photos my own

Sweet Potato facts

In certain parts of the world, sweet potatoes are locally known by other names, including:

camote, kamote, goguma, man thet, ubi jalar, ubi keledak, shakarkand, satsuma imo, batata or boniato.

Although the soft, orange sweet potato is often called a "yam" in parts of North America, the sweet potato is botanically very distinct from a genuine [yam](#) (*Dioscorea*), which is native to Africa and Asia and belongs to the [monocot](#) family [Dioscoreaceae](#).

To prevent confusion, the [United States Department of Agriculture](#) requires sweet potatoes labelled as "yams" to also be labelled as "sweet potatoes".^[5]

A 7-ounce (1 cup) serving of sweet potatoes contains 65% of the minimum necessary daily amount of Vitamin C. Sweet potatoes are also high in calcium, folate, potassium and beta-carotene.

Sweet potatoes have a glycemic load of only 17. (By way of comparison, a white potato has an index of 29.)

Sweet potatoes' high potassium content means sweet potatoes can alleviate muscle cramps which are often related to potassium deficiency.

Sweet Potato Pear SOUP



Sweet Potato Pear Soup

25g butter

1 small white onion, peeled and chopped

750g sweet potato (peeled, chopped into bite-sized pieces)

2 firm pears (chopped into bite-sized pieces, not peeled)

3 cups chicken stock

1 cup cream (optional)

chopped mint to garnish

Method

Melt butter and add onion - cook for 2 - 3 minutes.

Add the sweet potato and pear and cook stirring for 1 - 2 minutes.

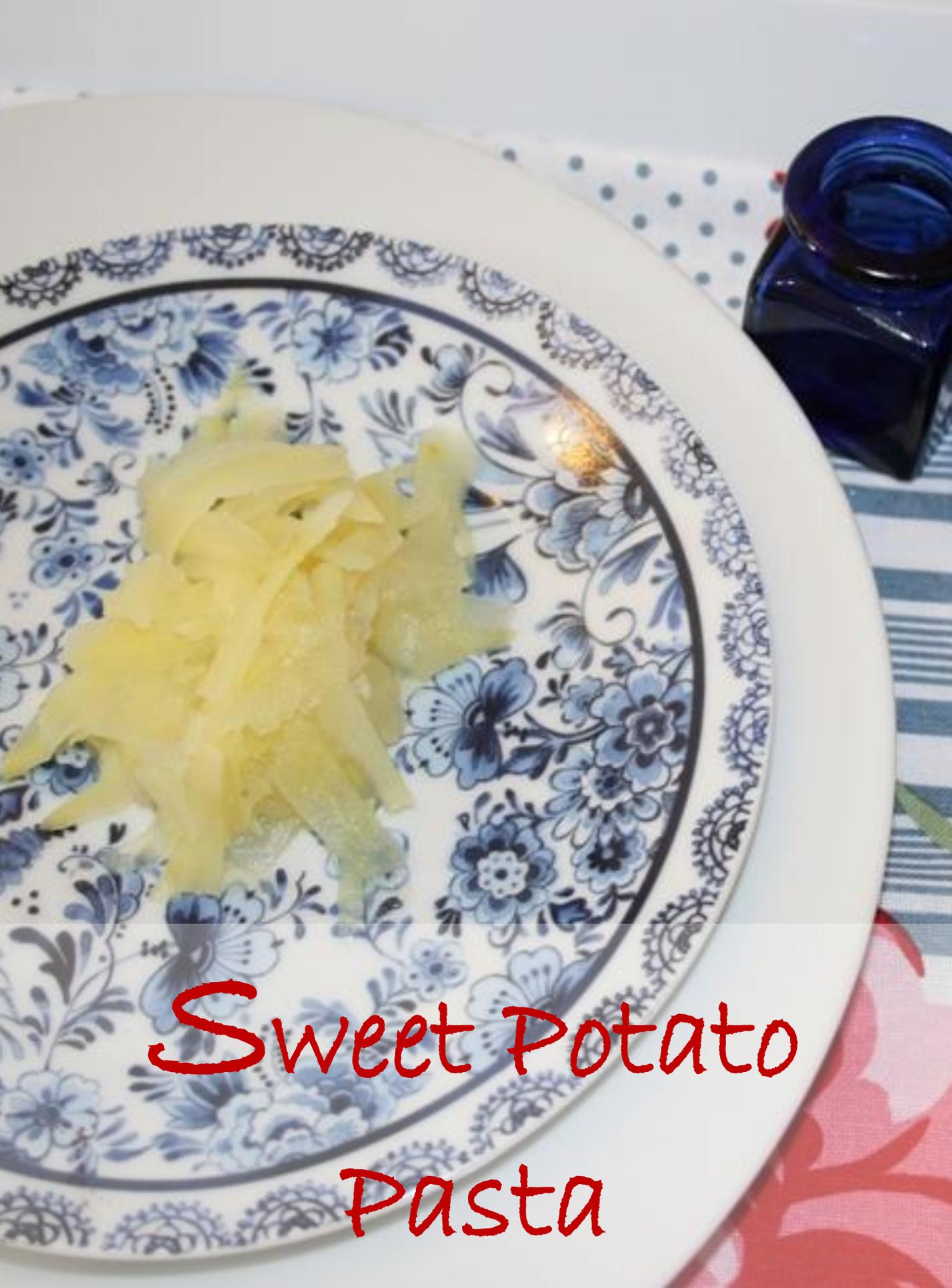
Add stock, bring to the boil, put lid on and cook for 20 minutes until soft.

Blend carefully with stick blender.

Stir in cream while heating. (Or just drizzle on each bowl of soup.)

Season with chopped fresh mint. serve with crusty bread.

The colour looks a bit weird, but the taste is really good!



Sweet Potato
Pasta

Sweet Potato Pasta

Sweet potatoes, peeled

Slice sweet potatoes lengthwise with a mandolin or vegetable peeler, thinly.

Cut each slice into thin strips.

Steam the sweet potato strips in boiling water for about 5-10 minutes, or till al dente.

Serve with your favourite pasta sauce.

Or use as a starch with meat/fish/chicken.



Sweet Potato
Oven Fries

Sweet Potato Oven Fries

About 7 sweet potatoes, cut into 1/2-inch matchsticks
1/3 cup olive oil
1/2 cup flour
1 tablespoon salt
paprika

Preheat oven to 230 oC.

Line 2 baking sheets with aluminum foil; spray with nonstick cooking spray.

In large bowl, combine sweet potatoes, oil, flour and salt; toss until well-coated.

In a single layer, spread sweet potatoes on foil without overcrowding.

Bake until cooked and crisp, about 20 minutes, stirring halfway through. Repeat with remaining sweet potatoes.

Serve with your main meal or a dipping sauce.

Wow, these were really addictive little chips!

Sweet Potato Crushed Salad



Sweet Potato Crushed Salad

This warm or cold salad's quantities depend on you -

Sweet Potato, washed, not peeled, steamed till soft, drained

Feta cubes

Cheddar cubes

Pepper, salt

Red bell pepper, cubes

Green bell pepper, cubes

In a bowl, coarsely crush the sweet potato – DON'T mash it. Add the feta, cheddar, bell peppers, salt & pepper.

Optional add-ins after potato has been steamed:

Halved baby tomatoes

Walnuts, sunflower seeds, pecan nuts, roasted pine nuts, salted almonds

Serve with fresh lettuce leaves, fresh baby spinach leaves, rocket leaves.

As side dish to any meat/fish/chicken or braai. As main dish on its own. Bake a basic Margarita pizza and add this salad (warm) on top!

This is a good-looking salad and tastes delightful!

Recipe: adapted from Matthew v Rensburg's potato salad



Sweet Potato
Tuna Burger

Sweet Potato Tuna Burger

400g of sweet potato
2 x 170g tins of tuna in water, drained well
2 tablespoons of red pesto/tomato mustard
1 small onion, grated
1/4 cup of sweetcorn
1/4 cup of tinned peas
1 x-large egg, beaten
Fresh parsley, chopped
Salt and black pepper
Cooking spray

Steam your sweet potato in boiling water on stove or in microwave with lid on till soft. Drain and set aside to cool.

To a large bowl, add the sweet potato, tuna, onion, pepper, salt, pepper, parsley and pesto/mustard and mix thoroughly to combine.

Mix in the beaten egg and then add the sweetcorn and tinned peas. Form into 8 equal sized burgers.

Place on some greaseproof paper on a plate and cover with cling film and refrigerate for a few hours to firm.

Preheat oven to 200c or 400f (gas mark 6). Spray a baking tray with some Frylight or Pam spray. Carefully place on the burgers and spray over the top. Place in the oven and bake until both sides are golden, approx 30 mins. You will need to flip them over half way through cooking time.

Sweet Potato Biscotti



Sweet Potato Biscotti

2/3 cup sugar
1/4 cup butter, softened (margarine)
2 large eggs
2 cups all-purpose flour
2 teaspoons baking powder
1 teaspoon grated orange zest
1/2 teaspoon salt
1-1/2 cups unpeeled coarsely grated sweet potato (1 large, about 8 ounces)
1/2 cup dried cranberries
1/2 cup sweetened shredded coconut

Preheat oven to 180 oC. Lightly grease large baking sheet.

In medium bowl, beat together sugar and butter. Add eggs; beat well. Add flour, baking powder, orange zest and salt. Beat on low speed until combined. Fold in sweet potato, walnuts, and coconut.

Divide dough into two equal pieces. With oiled hands, shape each piece into a log about 2 inches by 11 inches. Place on baking sheet. Bake until firm and golden, 25 to 30 minutes. Transfer to cooling rack; cool 15 minutes.

Trim thin slice from ends of logs. Cut logs into 1/2-inch-thick slices. Place slices on 2 ungreased baking sheets with cut side down. At 180 oC bake 12 minutes. Turn and bake until crisp and golden, 10 to 12 minutes longer. Cool completely, store in tightly covered container.

The biscotti will be hard, but not hard after dipped in tea/coffee. For a more rusky biscotti, I'm sure you can bake the slices at a low oven temperature for a longer period of time.

Recipe: www.ncsweetpotatoes.com

Sweet Potato Chutney



Sweet Potato Chutney

2 cups sweet potato, peeled, cubed
1 onion, chopped roughly
¼ cup packed/treacle brown sugar
¼ cup white/brown vinegar
1 tsp grated fresh ginger
1 orange, zest & juice
½ - 1 cup tinned pineapple, cubed
½ tsp ground cumin
½ tsp cinnamon
½ cup raisins

Steam the sweet potatoes till tender, either on stove or in microwave.

(I put my sweet potato cubes in microwave dish, add boiling water to cover the potatoes, put a lid on and microwave at High for 7 minutes).

Drain the sweet potatoes.

In small pot on the stove, combine onion, brown sugar, vinegar, ginger, orange zest, orange juice, pineapple, raisins, cumin & cinnamon. Stir in sweet potato; bring to boil. Reduce heat and simmer, covered, 10 minutes, stirring occasionally.

This is really tasty with any meat/fish/chicken and a lovely gift!!!!!!



Sweet Potato Cake
Flourless

Sweet Potato cake - Flourless

400g can butter/cannellini beans, rinsed under cold running water,
very very very very thoroughly

± 190 g sweet potato, peeled, steamed, drained, mashed finely

3 x-large eggs

115 g can Grenadella pulp (optional)

¼ cup brown sugar

1 heaped baking powder

1 tsp vanilla essence

Preheat oven to 180oC. In food processor, chop the beans till very smooth. Add an egg to make it easier to blend. Add the sweet potatoes, 2 eggs, sugar, Grenadella pulp, baking powder, vanilla essence and mix well.

Pour into a greased cake pan. Bake for 40 minutes, or till skewer comes out clean. Let the cake stand in the pan for 10 minutes. Carefully remove from pan. Let it cool completely.

This is a very soft, moist and crumbly cake. Serve it with homemade jam and lemon curd yoghurt/thick cream, Greek yoghurt, ice cream.

I absolutely love this cake! It tastes more-ish and sinful, yet isn't.



Sweet Potato
Fudge

Sweet Potato Fudge

1 x 410g can white beans, drained & rinsed **very very** well!!!
3 x-large eggs
100 g white chocolate chips (*I used a slab and cut it in small pieces*)
180 ml white sugar
½ tsp baking powder
½ cup sweet potato, peeled, steamed, mashed finely
2 tsp vanilla essence (or 1 tsp vanilla extract)
3 tbsp natural unflavored yoghurt

Preheat oven to 180 oC. Spray square baking pan. Line with baking paper.

In food processor, blend the white beans with metal blade till very smooth. Scrape down the sides a couple of times. Add the eggs, yoghurt, baking powder, sweet potato mash, vanilla & sugar. Process till nicely blended. Add half of the white chocolate and pulse 5 times. Pour the mixture evenly into the prepared baking pan. Sprinkle remaining white chocolate on top. Bake for 30 – 35 minutes, *or till a test skewer comes out clean*. Keep in tray for 10 minutes, cut and carefully remove. Place on wire rack and let cool completely before serving. Sprinkle with coconut. *If you want, freeze in small containers and defrost at room temperature.*



Sweet Potato
Brownie Flourless

Sweet Potato Brownie Flourless

1 can (425 g) black/brown/kidney beans, drained and rinsed very **very very very** well!!!

200g sweet potato, peeled, grated coarsely while raw

1 Orange, zest

2 x-large eggs

½ cup (100 g) semi-sweet chocolate chips

¾ cup (180 ml) brown sugar

½ tsp baking powder

½ cup cocoa powder

2 tsp vanilla essence (or 1 tsp vanilla extract)

2 tbsp unflavored yoghurt

Preheat oven to 180 oC. Spray square baking pan. Line with baking paper.

In food processor, mix the black beans with metal blade till very smooth. Add the eggs to help blend the beans.

Add the orange zest, sweet potato, yoghurt, baking powder, cocoa powder, vanilla & sugar. Process till nicely blended. Add ¼ cup of the chocolate chips and pulse 5 times. Pour the mixture evenly into the prepared baking pan. Sprinkle with remaining chocolate chips. Bake for 40 minutes, till a test skewer comes out clean. Keep in tray for 10 minutes, cut and carefully remove. Place on wire rack and let cool completely before serving. *You can freeze this and either defrost at room temperature or for 10 seconds in microwave.*

This is seriously good!!!!

Recipe: my own recipe