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These mashed sweet potatoes are super easy to make and belong on your dining table weekly! They do a fantastic daily side of chicken, steak and seafood, but are tasty enough for the company of both your Thanksgiving and Christmas table. This recipe is mashed sweet potato mega creamy, buttery, salty, sweet and savory, but the deliciousness didn't stop there. I also included ways to mix the taste profile from adding bacon, cheese and nuts, to brown butter, garlic and herbs. These mashed sweet potatoes can also be made in advance and warm up in a slow cooker for an easy, forward winning. Sweet potato mashed Recipe! LOVE mashed sweet potatoes. Potatoes are one of my favorite dishes on the planet. And while it seems traditional mashed potatoes get most of the love, these mashed sweet potatoes are just as delicious. I could eat them all day, every day. How to make mashed sweet potatoes. To make the best, luxuriously creamy mash of sweet potatoes, the humble sweet potatoes are boiled until the fork is tender then mashed with enough butter, heated milk, sour cream, onion, a splash of maple syrup and enough seasoning: cinnamon, garlic, parsley, thyme, salt and pepper and just a hint of nutmeg and cloves. The best sweet potato. The resulting sweet potato puree is amazingly buttery, indulgently creamy, sweet and salty and the most addicted fragrant mashed sweet potato you've ever tasted. You will crave them for breakfast lunch and dinner; not a joke. Light sweet potatoes. In addition to being luxuriously creamy and dreamy, this mashed sweet potato recipe is one of the simplest sides for any weekday meal, but also so fabulously decadent and satisfying, they're always a homerun company. So if you're still looking for a Thanksgiving party that's simple, easy and everyone will love - it's a mashed sweet potato recipe for it! Pure Sweet Potato Ingredients: Mashed Sweet Potatoes Are Made With Pantry Friendly Ingredients for Victory! You'll need: Sweet potatoes: often referred to as yams in the grocery store (more on that below), but don't be confused! Look for red/orange sweet potato/yam varieties such as red pomegranate, boregarn or gemstone. Avoid white or purple varieties such as Boniato, White Delight, Nancy Hall, Sumor, etc. Milk: any type of milk works here. Butter: Use salted oil so we can control salt. If you only have salted butter, be sure to add less salt than the recipe requires. Sour cream: adds unsurpassed creaminess. Skimmed or full fat works great. I haven't tried swapping Greek yogurt and hesitate to recommend it because of its strong sharpness. Pure maple syrup: please use real maple syrup, not imitation! If you don't have real maple syrup, replace it with brown sugar rather than fake syrup. Seasonings: cinnamon, garlic powder, dried parsley, dried thyme, thyme, cloves, nutmeg, salt and pepper will round the taste profile. Each seasoning adds a layer of flavor without being overwhelming. You can use more or less any seasoning to taste. Chives: fills the puree with sweet potatoes with a delicate onion flavor. Is it possible to make a vegan puree of sweet potatoes? Yes! Swap the milk for soy or coconut milk and swap the butter for vegan butter and dip the sour cream. The rest of the ingredients are mashed Sweet Potato vegan. WHAT IS THE DIFFERENCE BETWEEN SWEET POTATOES AND YAMS? Choosing sweet potatoes in America can be misleading because both sweet potatoes and yams are used interchangeably. It is safe to assume, however, that all the yams you see are actually sweet potatoes! It's actually hard to find a true yam in America if you frequent international or ethnic food stores. They are long as sweet potatoes, but don't narrow at the ends and darker, almost black, and have a rough texture. HOW TO CHOOSE SWEET POTATOES? So, now that you don't have to worry about choosing yams versus sweet potatoes - the question is, which sweet potato should you choose for this mashed sweet potato recipe? Sweet potatoes come in 4 colors: purple, orange, yellow and white. When choosing a sweet potato for this Mashed Sweet Potato recipe, look for pomegranate yams - this red sweet potato masquerading as yam! You can also use Jewel or Beauregard, which also sweet potatoes are often confused like yams. These orange meaty sweet potatoes are sweeter and creamier compared to their tan or purple skinned counterparts. When choosing sweet potatoes, look for those that are hard, free of stains/scraps and not green, wrinkled, soft, soft, or mouldy. Also, try to choose sweet potatoes that are homogeneous in size, so it's easier to create single cubes that cook evenly. HOW TO STORE SWEET POTATOES? Now that we have chosen the right sweet potatoes for our mashed sweet potato recipe, it is important to know how to store them so they don't go bad prematurely. After buying sweet potatoes, remove them from any plastic bags so they have a respite. Do not wash them and if they come into contact with any moisture, dry them. Sweet potatoes should be completely dry before storing to prevent premature rotting or germination. Now, don't serve them in the fridge, INSTEAD the sweet potatoes should be stored in a dark, cool place away from the heat of the kitchen. The dark bottom of the pantry or covered bins placed on cool ground are optimal. Sweet potatoes will last about 3-5 weeks in a cool, dark place. Do you need to peel sweet potatoes for mashing? Yes, you'll want to peel the sweet potatoes before cubing them to roast or adding to the boiling water. sweet potato is edible and contains fiber and nutrients, but it's this tougher than white potato skin, so I recommend peeling them primarily for sumptuously creamy sweet potatoes. If you're going for a more rustic, chunky mashed sweet potato, you could theoretically leave your skin, but you might find the skin distracting. HOW LONG DOES IT TAKE TO COOK SWEET POTATOES IN PUREE? Sweet potatoes take 10 to 15 minutes to cook until the fork is tender. Time varies depending on how large the potato pieces are, how big the pot you have, how deep the pot, the type of pot and the oven. This time does not include the time it takes to bring the water to a boil. The deadline should start after the water boils. Potatoes are made when you can EASILY pierce the largest cube with a fork. It's best to err on the side of overly tender potatoes, which will mash easily verses bordering tender potatoes, which can leave you with lumps that translate into lumpy mashed sweet potatoes. HOW MANY POTATOES SHOULD YOU MAKE PER PERSON FOR MASHED SWEET POTATOES? When mashed potatoes are served as a side dish, you can safely plan for 1/2 pound of potatoes per person. This means that this recipe for mashed sweet potatoes that requires 3 pounds will safely serve 6 people. You can scale the recipe from there to meet your maintenance needs. HOW MAKE MASHED SWEET POTATOES?these easy to mash sweet potatoes super easy to whip up! Here's a turn-based instruction: Step 1 - HOW TO PREP SWEET POTATOES: Start by peeling your sweet potatoes. I like to choose the biggest potato because it means less surface area to clean. Once you peel the potatoes, cut them into 2 cubes. Don't worry about being right here, just cut them so they're usually the same size so they'll cook evenly. Step 2 - HOW BOIL SWEET POTATOES: Next, you add your potato cube to the Dutch oven and salt. Always place the sweet potatoes in the pan before adding water so you know exactly how much water you need just to cover the tops. It also prevents unnecessary spraying. Also, NEVER start with hot water. By bringing the potatoes to a boil with water, they cook more evenly and you are not left with overcooked mushy outside and under cooked insides, but instead of achieving the perfect melt in your mouth consistency. By adding salt to the boiling water, you are instantly infusing the potatoes with the flavor from the inside, which is simply not achievable in any other way. You can also add garlic cloves and any other aromatic substances to the water, just another way to add flavor. Cook the potatoes for about 10-15 minutes, knowing that it is better to overcook the potatoes than to undercook them so that they are easily mixed without hard pockets. Step 3 - HOW DRAIN SWEET POTATOES: Drain potatoes, passing them to a colander and allowing them to sit for a few minutes, shaking from time to time, and then patting the pat before transferring to a bowl. You can also use a salad spinner. It is important to thoroughly dry the sweet potatoes otherwise you will end up with a water puree of sweet potatoes instead of the perfect maximum fluffy. Step 4 - HOW TO ADD INGREDIENTS TO SWEET POTATOES: Heat the butter and milk in the microwave for 1 1/2 minutes or until the oil is mostly melted. Add butter/milk to the sweet potatoes along with sour cream, maple syrup and all seasonings. It is important to use heated milk to maintain the temperature of the sweet potato for more creamy results. Add maple syrup (you can start with less and more to taste if you like), cinnamon, and all the seasonings. Reserve fresh onions after mashing. Step 5 - HOW TO MASH SWEET POTATOES: There are several ways to mash sweet potatoes: with a food processor, handmade potato masher, or a portable electric mixer. A food processor will create smooth but less fluffy results and a potato masher will create chunkier/heavy results. My favorite method is a portable electric mixer. He creates fluffy, smooth potatoes that can't be achieved in any other way - and his efforts. When the potatoes are almost up to the desired consistency add the onion and stir. Add extra milk if desired for smoother/creamy potatoes. HOW TO MAKE A SWEET POTATO PUREE IN THE OVEN? Instead of cooking sweet potatoes, you can also bake them first. It takes a little longer to cook the potatoes, but they are equally tasty. To make the sweet potato puree in the oven: Preheat the oven to 400 degrees F.Wash the sweet potatoes and keep them intact. Pierce each potato several times with a fork so they don't explode. Wrap each potato lightly in foil and place on a baking sheet. Bake for 40-60 minutes, or until the potatoes are easily cut into butter with a knife. Let the baked potatoes rest for 10 minutes or so. When cool enough to handle, remove the skins and add the flesh to a large bowl. Continue to add butter, sour cream, milk, etc. and mash/mix with the desired consistency. MASHED SWEET POTATO VARIATIONS For sweeter sweet potato puree: add extra maple syrup. You can also replace maple syrup with brown sugar or honey for a slightly different flavor profile. For a more savory mash of sweet potatoes: reduce or dip the maple syrup and either add cheese or extra herbs. Add the cheese directly to the mashed sweet potato. Both Parmesan cheese and Gruyere cheese are delicious. For brown butter puree sweet potatoes: replace the butter with nut brown butter. To make browned butter, melt the butter in a light pan (so you can see the color), over medium heat, stirring occasionally, until the oil is dark golden. For the spicy sweet potato puree: spice them up with a pinch of cayenne or chipotle chili powder. You can even add chopped chipotle pepper to the adobo. For the mashed sweet potato with Cook the thick bacon until crisp and add directly to the top of the potatoes for a salty, savory crunch. For the sweet potato puree with candied bacon: stir one tablespoon or brown sugar into the chopped, cooked bacon and cook for an extra two minutes; Add the candied fruit directly to the top of the potato for a sweet, tantalizing crunch. For a mash of sweet potato with candied nuts: use my simple 5-minute caramelized nuts recipe for an easy no-fail win. For the mash of sweet potato with nuts: for a more savory nutty crunch, try dry fried pine nuts or oven fried pecans. For garlic puree sweet potatoes: replace garlic powder with roasted or roasted garlic. You can add some fresh herbs to the garlic while stewing for an extra flavor boost. For herb Mashed Sweet Potatoes: add fresh herbs such as rosemary and thyme. For spicy sweet potato: get creative and mix the taste profile. Go Mexican and add the chili powder, ground cumin and smoked paprika or go Indian and add curry powder or garam masala. TIPS AND TRICKS FOR MASHED SWEET POTATOESHere some professional tips for the best sweet potato puree: My grocery store calls sweet potato pomegranate yams. So, look for pomegranate yams or your sweet potato can be white inside! Use very tender cooked sweet potatoes to make them merge into creamy perfection. The butter knife should slice through the potatoes with zero resistance. Use a portable electric mixer for creamy, fluffy potatoes. Melt the butter with the milk to maintain the temperature of the sweet potato and so the oil can easily be incorporated into the potatoes. If you mashed potato sweet potato tastes bland - they're probably missing salt. Salt enhances all tastes. Serve warm. Keep the potatoes warm in the oven or slowly cooker after mashing so they remain creamy (see as below). WHY IS MY SWEET POTATO PUREE STICKY? Following my Mashed Sweet Potato Recipe, you don't have to face any problems, but here are some troubleshooting recommendations to prevent gummy mashed potatoes: use pomegranate yams/sweet potatoes because they cream than their purple potato counterpart/drain very well after cooking/always mashed potatoes while they're still hot/don't overmix/mixing sweet potatoes, usually the culprit of science beyond simple this: when the potatoes are boiled, they develop the same When the potatoes are mixed, the cells are torn apart and released by starch. The more cells that are broken, the starchier and gummier the potatoes will become. For fluffy potatoes, you're going to want to mix as little as possible, for creamier denser potatoes, a little longer, but keep in mind not to be interrupted. WHY IS SWEET POTATO PUREE LUMPY? If you end up with a lumpy mash of sweet potato, this means that your potatoes were undercooked before mashing and therefore not it's easy. Next time, make sure you check the potatoes with a fork before you remove them from the heat. The fork should easily slip into the potatoes AKA potatoes should be a fork tender. IS IT POSSIBLE TO MAKE MASHED POTATOES IN ADVANCE? Yes, there are two ways to make mashed sweet potatoes in advance. You can either prepare the potatoes or make them in full. Here's how: Prep sweet potatoes: You can peel the sweet potatoes a day ahead of time and keep them in a bowl/pot of water in the fridge to keep them from browning. I wouldn't cook potatoes in advance because potatoes should be warm when mashed. Make it forward and warm up: You can prepare a mash of sweet potatoes at the beginning of the day and either: 1) cover and place in a warm oven until ready to serve or 2) transfer to a slow cooker on a warm environment until ready to serve. Make it forward and refrigerate: You can prepare the mashed sweet potatoes up to two days early, allow to cool completely and refrigerate in an airtight container. How to preheat mashed sweet potatoes?You can preheat mashed sweet potatoes in the oven, slow cooker or microwave: Like REHEAT IN OVEN: Transfer the mashed sweet potatoes to the oven of a safe dish pan and spread into a bowl. Cover with foil and bake at 350 degrees Fahrenheit for 20-30 minutes, or until the potatoes reach 165 degrees, stirring and returning the foil once halfway. Be prepared to stir in some melted butter and milk to add a little moisture back in; Butter will also awaken the taste - yum! Like REHEAT In a slow cooker: Transfer the mashed potatoes to a sweet lightly greased slow cooker. Heat low until heated, though, about 3 hours, stirring a couple of times. Add extra milk and melted butter as needed. Like REHEAT on the stove: Transfer mashed potatoes in a Dutch oven. Heat on medium-low until heated, though, stirring frequently, for about 20 minutes. Stir in the extra milk and melted oil as needed for re-hydration. How to store the remaining sweet potato mashed potatoes should be transferred to an airtight container and stored in the refrigerator. When stored correctly, they are good for four days. CAN YOU FREEZE THE MASHED POTATOES? Yes and no. Personally, I'm a mashed potato critic, so I don't like frozen mashed potatoes because the texture changes when thawed. Potatoes can be treated with extra oil, etc., but they are still not the same in my opinion. If you're not a critic of the texture, or mash the sweet potatoes will be covered in sauce, then feel free to freeze them. If you're freezing potatoes, make sure you don't skip on any of the butter or cream in my Mashed Sweet Potato recipe because of the extra fat. Their more freezer friendly. You can even add extra oil for a better thawed result. FREEZE MASHED POTATOES: Prepare TO PREPARE Sweet potatoes according to the directions of care you don't have any pieces because the pieces will become floury when frozen. Cool the mashed potatoes in a shallow frying pan in the fridge until completely cooled. TO LIFILE INDIVIDUAL MASHED POTATO SERVINGS: Scoop the massaged sweet potatoes on parchment lined with baking sheets using cookie scoops so they're not touching (you can use more than one scoop per serving). Freeze until solid, about 1-2 hours. Transfer individual portions to separate plastic bags, squeeze excess air and seals. Thaw the frozen sweet potatoes overnight in the fridge, remove from the plastic and microwave until heated until the end. Frozen, heated potatoes are likely to be watery. Stir in some sour cream to make them creamy again. TO LIPHYLE BATHE MILE CARTO: Add the right amount of chilled mashed potatoes to the freezer. Flat the potatoes in the bag and squeeze out excess air. Label and freeze for up to 6 months. Thaw in the fridge overnight. Remove from the plastic, place in a baking dish and bake uncovered, at 350 for 30-35 minutes or until heated until the end. Frozen, heated potatoes are likely to be watery. Stir in some sour cream to make them creamy again. WHAT TO SERVE WITH MASHED POTATOES? Mash sweet potatoes make a delicious side to almost everything! Serve them whenever you serve traditional potatoes as a side. They steam perfectly with chicken, steak, pork or seafood. We also love mashed sweet potatoes with holiday favorites such as: Herb butter turkey, brown sugar glazed ham, and honey baked Ham.Mashed Sweet potatoes are also exceptional with: is sweet potato healthy for you? Sweet potatoes are a rich source of fiber, as well as many other vitamins and minerals such as iron, calcium, selenium, vitamin C and B vitamins. Vitamin A is especially important for overall eye health and vision. This helps protect the eyes from age-related degeneration as well as night blindness. Vitamin A also supports the immune system, bone health and promotes cell reproduction. It also helps vital organs such as the heart, lungs, kidneys and other organs work properly. As for sweet potatoes compared to white potatoes, sweet potatoes are digested more slowly than white potatoes, which means that they more gradually release sugar into the blood, helping to maintain blood sugar levels. Slowing down digestion also helps you feel fuller for longer. More Sweet Potato RecipesFor spicy sweet potato dish, I love these sweet potatoes. They are made with herbs stewed in cream, poured with layers of sweet potatoes, bacon, onions and Gruyere cheese, then baked to a gentle, golden, sparkling perfection. Sweet Potato Casserole is the quintessential Thanksgiving side! This sweet potato casserole is made with marshmallows and brown sugar pecan topping! This has been our favorite sweet potato casserole recipe ever since we tried it almost a decade ago and you'll love that you can collect it the night before Thanksgiving or Christmas! The gentle, melt-in-the-mouth Hasselback Sweet Potatoes look impressive, but the only skill required is slicing and stirring in order to make them! Potatoes are smothered with garlic herbal oil; Serve them with sour cream, goat cheese or melt the gouda between slices for extra decadence! Enjoy sweet potato in the form of soup with healthy, light, mega creamy (without any cream) Chipotle Sweet Potato Soup! It is loaded with flavor and intentionally gluten free, dairy free and crazy healthy! It can be done in a saucepan or stove on top for a light dinner any night of the week! One of my favorite everyday dishes using sweet potatoes are 30-minute Cajun chicken black beans and sweet potato bowls. They are spicy, fresh, deceptively healthy, made in one frying pan, fast and light, packed with taste, and bursting with fresh ingredients! Serve sweet potatoes for breakfast with mega soft, fluffy, comforting sweet potato pancakes! These sweet potato pancakes are soaked in coconut and oatmeal, followed by splks with cinnamon, nutmeg and vanilla for the delicately spicy, perfectly textured pancake you'll CRAVE! Looking for more Holiday Side recipes? Want to try this purau of sweet potato RECIPE? Attach it to your DESSERT, PIE or Thanksgiving board to save for later! Find me on Pinterest for more great recipes! I'm always cuddling :)!@Carlsbad Pull CarlsbadCravings.com mashed sweet potatoes These mashed sweet potatoes are super easy to make and belong on your dinner table weekly! They do a fantastic daily side of chicken, steak and seafood, but are tasty enough for the company of both your Thanksgiving and Christmas table. This recipe is mashed sweet potato mega creamy, buttery, salty, sweet and savory, but the deliciousness didn't stop there. I also included ways to mix the taste profile from adding bacon, cheese and nuts, to brown butter, garlic and herbs. These mashed sweet potatoes can also be made in advance and warm up in a slow cooker for an easy, forward winning. Add the potatoes to the Dutch oven and add enough water to cover the potatoes. Season with 1/2 teaspoon salt. Bring to the boil (I cover to speed up the process and then uncover); Reduce heat and simmer for 10-15 minutes or until very tender when pierced with a fork; leak very well. Transfer the drained potatoes to a bowl. Heat the butter and milk in the microwave for 1 1/2 minutes until the oil has basically melted. Add butter/milk to the sweet potatoes along with all remaining ingredients except onions. Beat with a hand mixer for fluffy and smooth consistency or mash with mashed potatoes or fork for Consistency. When the potatoes are almost up to the desired consistency add the onion and stir. Add extra milk if desired for smoother/creamy potatoes. If desired, garnish with a spread butter and fresh parsley or thyme. MASHED SWEET POTATO VARIATIONS For sweeter sweet potato puree: add extra maple syrup. You can also replace maple syrup with brown sugar or honey for a slightly different flavor profile. For a more savory mash of sweet potatoes: reduce or dip the maple syrup and either add cheese or extra herbs. Add the cheese directly to the mashed sweet potato. Both Parmesan cheese and Gruyere cheese are delicious. For brown butter puree sweet potatoes: replace the butter with nut brown butter. To make browned butter, melt the butter in a light pan (so you can see the color), Cook over medium heat, stirring occasionally, until the oil is dark golden. For the spicy sweet potato puree: spice them up with a pinch of cayenne or chipotle chilli powder. 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