



# Recipe of the Month

## NUTTY SWEET POTATO BISCUITS

### Sweet Potatoes

Sweet potatoes are native to America and were the main source of nourishment for early homesteaders and soldiers during the Revolutionary War.

Sweet potatoes are often confused with yams. Yams are a larger root vegetable and are grown in Africa and Asia.

These tuberous roots are among the most nutritious foods in the vegetable kingdom. They are excellent sources of vitamins A and C. One half cup of cooked sweet potato will provide 90 calories, 3 grams of fiber and 380 percent of the Daily Value for vitamin A.

Sweet potatoes spoil rapidly. Store them in a dry, cool (55 to 60°F) place such as a cellar, pantry, or garage. Do not store them in the refrigerator or they will develop a hard core and an "off" taste. If stored properly, they will keep for a month or longer.

Kentucky grows two kinds of sweet potatoes. They are divided by color – dark orange and pale yellow or white—and have either moist or dry flesh.

Choose firm, dark, smooth sweet potatoes without wrinkles, bruises, sprouts or decay. Even if cut away, a decayed spot may have already caused the whole potato to take on an unpleasant flavor.

Wash sweet potatoes well. Cook them whole whenever possible as most of the nutrients are next to the skin. Skins are easier to remove after they have been cooked.

One easy way to cook sweet potatoes is to pierce the skin with a fork. Place potatoes in a pan and

bake in an oven heated to 375° F for about 45 minutes or until tender.

Sweet potatoes can also be cooked in the microwave oven to save time. Wash and pierce potatoes, then place them on a paper towel.

The cooking time on high is 5-9 minutes for two potatoes, and

10-13 minutes for four potatoes. Yellow and dark orange sweet potatoes can be used interchangeably in recipes. Try not to mix the two in a single dish, because the different textures and cooking times may affect the outcome of the recipe. The yellow variety takes longer to cook than the orange and will be done at the upper range of cooking times. Mashed sweet potatoes can also be used interchangeably in recipes calling for cooked pumpkin.

To freeze sweet potatoes, it is recommended that they be cooked, cooled and peeled, cut in halves, sliced or mashed. Pack into freezer containers, leaving ½ inch head space, label, date, seal and freeze.

To can sweet potatoes, wash, boil or steam until partially soft, 15-20 minutes. Remove skins and cut into uniform size pieces. Do not mash or puree.

Fill jars, leaving 1 inch headspace, add 1 teaspoon salt per quart to the jar, if desired. Cover with fresh boiling water or syrup and process in a pressure canner for the recommended amount of time.

Sweet potatoes are grown from "slips" which are simply sprouts which have emerged from "seed" sweet potatoes planted very early in the spring.

## Presentation Plan

### Grocery list:

- All- purpose flour
- Whole wheat flour
- Baking powder
- Salt
- Ground cinnamon
- Ground nutmeg
- Walnuts
- Sweet potatoes
- Sugar
- Butter
- Vanilla

- Milk
  - Cooking spray
- ### Equipment needs:
- Large mixing bowl
  - Measuring cups
  - Measuring spoons
  - Medium saucepan
  - Potato masher
  - Paring knife
  - Small saucepan
  - Small clear glass bowls
  - Rolling pin
  - 2 inch biscuit cutter

- Baking pan
- Oven
- Pot holders
- Timer

### Display preparation:

- Colorful tablecloth
- Basket to display fresh sweet potatoes
- Display area of place mat, and basket to serve finished product
- Serving plates

### Demonstration steps:

1. Discuss focus

commodities and talking points.

2. Have a basket to display fresh sweet potatoes.
3. Prepare recipe, demonstrating the skill of kneading dough, rolling it out and cutting out the biscuits. Place biscuits on baking pan and bake.
4. Serve biscuits with fresh Kentucky butter, if available.

## Nutty Sweet Potato Biscuits

<b>1 cup</b> all-purpose flour	<b>¼ teaspoon</b> ground cinnamon	<b>6 tablespoons</b> sugar
<b>⅓ cup</b> whole wheat flour	<b>¼ teaspoon</b> ground nutmeg	<b>¼ cup</b> butter, melted
<b>1½ teaspoons</b> baking powder	<b>⅓ cup</b> chopped walnuts	<b>½ teaspoon</b> vanilla
<b>½ teaspoon</b> salt	<b>1 cup</b> mashed sweet potatoes	<b>1 tablespoon</b> milk

### Directions:

1. In a large mixing bowl, **combine** flours, baking powder, salt, cinnamon, nutmeg and walnuts. **Set** aside.
2. **Combine** sweet potatoes, sugar, butter, vanilla and milk; **add** to flour mixture and mix well.
3. **Turn out** onto a floured surface; gently **knead** 3 or 4 times. **Roll** dough into ½ inch thickness. **Cut** with a 2 inch biscuit cutter and **place** on a lightly greased baking sheet.
4. **Bake** at 450°F for 12 minutes or until golden

brown.

**Yield:** 18 biscuits

**Nutritional Analysis:** 100 calories, 4 g fat, 2 g saturated fat, 5 mg cholesterol, 210 mg sodium, 14 g carbohydrate, 1 g fiber, 4 g sugar, 2 g protein.

**Source:** [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

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### Kentucky Proud Project

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