

The Chef's Table

Mashed Yams with Maple Sauce

2 Large yams
1/4 Cup cream or whole milk
1/8 Cup real maple syrup (Grade B dark amber is best-Grade A dark amber will also work)
3 T Unsalted butter
2 T Sour cream
1 tsp. Dark brown sugar
Pinch of salt and finely ground pepper (white or black)

Peel and cube yams. Place in a sauce pan with a pinch of salt and pepper and add enough water to cover. Bring to a boil, reduce heat and simmer until yams are fork tender and soft. Drain yams in a colander allowing them to drain for about a minute to assure all the water is drained. Meanwhile, melt the butter in a small skillet or sauce pan. Add the sugar, a little salt, pepper, the sour cream, cream and syrup and combine. DO NOT boil, just heat and combine. Put yams back into the pan in which they were cooked adding a pinch of salt and pepper and mash with a potato masher. When well mashed add the warm butter/cream mixture a little at a time and continue mashing and whipping until you have a smooth mixture. If you need additional moisture add a little extra cream.

Cover and keep warm.

Maple Sauce

1/2 Cup Cold cream or whole milk
1/4 Cup real maple syrup (Grade B dark amber is best-Grade A dark amber will also work)
3 T Unsalted butter
1 T Flour
Pinch Ground cinnamon
Pinch of salt and finely ground pepper

Over medium heat in a sauce pan melt the butter with the cinnamon, salt and pepper. When the butter is melted add the flour making a thin roux. Remove the pan from the heat and add the cold cream stirring to combine. Place the mixture back on the heat stirring constantly until the sauce is near the boiling point and the sauce thickens. Remove the sauce from the heat and stir in the syrup.

Serve hot over the mashed yams.

This recipe serves about four people.