



WHAT CAN I MAKE WITH PURPLE SWEET POTATOES???

GARLIC MASHED PURPLE SWEET POTATOES

3-4 large purple sweet potatoes, peeled and cut into 2" pieces
4-5 cloves garlic, peeled
1 stick butter
3/4 cup heavy cream
Salt and pepper to taste

Boil potatoes and garlic 10-15 minutes until tender. Drain and mash. Add remaining ingredients and blend.

PURPLE SWEET POTATO CASSEROLE

2 large purple sweet potatoes, peeled and cut into 1"-2" pieces
2 honey crisp apples, cored and cut into 1"-2" pieces (peel if desired)
12 oz can chunk pineapple
3/4 cup coconut
1/2 cup raisins
1 cup pecans, chopped
1/2 cup light brown sugar
Juice of 1 orange and 1 lemon
1 tsp cinnamon
1 tsp vanilla
1/2 tsp salt
1 Stick of butter melted

Combine all ingredients in greased casserole. Bake at 375 degrees for 1 hour.

PURPLE SWEET POTATO CAKE WITH MARSHMALLOW CREAM CHEESE FROSTING

Purple Sweet Potato Cake Sponge

2 3/4 cup all-purpose flour
1 1/2 cups sugar
2 tsp baking powder
1 tsp baking soda
1 cup cooked mashed purple sweet potato (please read text for specification)
1 cup milk
3/4 cup sour cream
1/3 cup canola oil
2 tsp vanilla extract
1/2 tsp salt
few drops purple food coloring (optional)

Marshmallow Cream Cheese Frosting

8 ounces cream cheese
8 ounces butter (2 sticks)
7 ounces marshmallow fluff

Grease and flour two 8 inch cake pans and set aside. Preheat your oven to 350°F or 180°C. Combine the flour, baking powder and baking soda and salt with a whisk and set aside. Using a stick blender or in a blender, blend the mashed potatoes, milk sour cream canola oil, and vanilla extract until it is smooth and properly incorporated. Don't try to do this step with just a whisk, it will not mix evenly, and it is important that it does. If you want a more vibrant cake, add a few drops of purple food coloring, otherwise, skip it. Combine the wet and the dry ingredients with a whisk until there are no lumps in the batter, and the cake is evenly mixed. Do not over mix! Split the cake mixture into the two prepared 8 inch cake pans, and bake in the preheated oven for 35-40 minutes or until a skewer inserted in the middle of the pan comes out clean. Allow to cool completely before frosting To make the frosting Mix the cream cheese, butter, and marshmallow fluff in a mixer or with a hand mixer until it is well combined. Store in the refrigerator until ready to use. Simply assemble the cake as neatly or as rustic as you wish and decorate with leftover mashed potato pieces and toasted crushed walnuts.





PURPLE SWEET POTATO PECAN PIE

Pastry:

3 tablespoons butter
2 tablespoons sugar
½ beaten egg
2 tbsp milk
1 cup flour

Filling:

1 cup cooked, mashed sweet potatoes
1 tablespoon butter
¼ cup firmly packed light brown sugar
1 tablespoon vanilla
¼ teaspoon cinnamon
⅛ teaspoon each nutmeg and allspice
¼ teaspoon salt
½ beaten egg
2 tablespoons sugar
1 tablespoon heavy cream
½ cup chopped pecans
¾ cup sugar
2 eggs
¾ cup dark corn syrup
1 ½ tablespoons butter, melted
Pinch salt
Pinch cinnamon
2 teaspoons vanilla
Pastry (see recipe)
Chantilly cream (see note)



PASTRY: Cream butter and sugar, until light and fluffy. Add egg and milk; beat about 2 minutes. Stir in flour to moisten ingredients. Refrigerate at least one hour. Roll out dough into 14-inch circle on lightly floured wax paper. Place in deep 9-inch pie plate; remove wax paper. Press pastry into plate and flute edges. **FILLING:** Combine potato, butter, brown sugar, vanilla, spices, beaten egg, sugar and cream; beat at medium speed until mixture is smooth. Spread on bottom of pastry shell; sprinkle with pecans. Combine ¾ cup sugar, 2 eggs, corn syrup, melted butter, salt, cinnamon and vanilla and beat well. Pour over pecans. Bake at 300 degrees for 1 ½ hours. Cool. Top each slice with dollop of Chantilly Cream.

NOTE: Chantilly cream: For each cup of cream use 2 tablespoons sugar and 1 tablespoon each of orange liqueur and Cognac.



Blue Sky Farms
4805 C.R. 13 S
Elkton FL, 32033
904-692-5938/www.bsffl.com