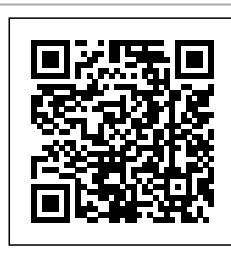


Delicious Candied Yams



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Recipe by: Laura Vitale

Serves 6-8

Prep Time: 15 minutes

Cook Time: 45 minutes

Ingredients

- 3 lb of Sweet Potatoes, peeled and cut into 1 inch rounds
- 1/2 cup (1 stick) of Unsalted Butter
- 3/4 cup of Brown Sugar
- 1/4 cup of Granulated Sugar
- Zest and Juice of 1 Orange
- 1/2 tsp of cinnamon
- 1/4 tsp of nutmeg
- 1/4 cup of chopped pecans
- Pinch of salt

1) Fill a large pot with water, add a generous pinch of salt, add the potatoes, bring to a boil and cook for 10 minutes, reserve 1 cup of the starchy cooking water then drain the rest and set the potatoes aside.

2) In the same pot, add the butter and both kinds of sugar, once the butter is melted and sugar is bubbly, add the water, cinnamon, nutmeg, orange zest and juice, stir well to combine, add the potatoes back in, cover, reduce the heat to low and cook about 20 minutes or until the potatoes are tender.

3) Carefully remove the potatoes from the pot onto a platter, add the pecans to the sauce, cook all together until it thickens for just a couple minutes then pour over the potatoes and serve!

