



Crock Pot Sweet Potatoes

INGREDIENTS:

4-6 medium sweet potatoes, peeled and cut into chunks
3 medium carrots, peeled and cut into chunks
1/4 cup brown sugar
3/4 cup heavy cream, plus more as needed
1/2 cup milk, plus more as needed
5 Tbsp. unsalted butter
3/4 tsp. cinnamon
Kosher salt

METHOD:

Place potatoes and carrots in the bowl of a slow cooker and top with remaining ingredients. Season with salt. Cover and cook on low setting, stirring periodically, for 6 to 8 hours or until potatoes are very tender when pierced with a fork.

Taste and adjust seasoning. Using a hand-held mixer, whip at medium speed until combined and light and fluffy. Add a bit of additional milk and/or cream, if needed, to achieve a creamy texture, but do not over-mix.

Sweet Potato *Panache*

WHAT IS YOUR FAVORITE holiday side dish? If you say sweet potatoes, you're in the right place! Whether you're a fan of sweet-and-gooey, or you choose crispy-and-savory, there's a sweet potato dish for you. In the Midwest, sweet potatoes always have a seat at the holiday table.

The beauty of sweet potato recipes is that there's something for everyone. Here are a few ideas: traditional mashed sweet potatoes, a unique twist on Italian classic gnocchi, or a showstopper Phyllo wrapped soufflé. One of the dilemmas in hosting a holiday dinner is your kitchen's real estate, the room in the oven or room on the stove top. Today's first recipe is a perfect remedy for that. If you're a fan of traditional mashed sweet potatoes, you can easily make them in your slow cooker. Plug it in and forget about it. When it's time to serve, dish them out into your serving dish and put them on the table. It couldn't be easier and it's off to the side on your counter, taking up no valuable oven space. 



PHOTO: LINDA M. BARRETT PHOTOGRAPHY

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Sweet Potato Gnocchi



INGREDIENTS:

2 medium sweet potatoes (about 2 cups once mashed)
 1/2 cup mascarpone cheese
 1 large egg
 2-3 cups all-purpose flour
 1 tsp. kosher salt
 Brown Butter Sauce
 6 Tbsps. salted butter
 1 shallot, chopped
 2 Tbsps. chopped fresh sage
 2 tsp. chopped fresh rosemary
 1/2 cup dry white wine
 1 pinch cayenne pepper
 kosher salt and pepper
 Top with shaved or grated parmesan cheese (optional)



METHOD:

Preheat your oven to 400° F. Poke a few holes in the sweet potatoes and bake for 45 minutes or until soft and tender. When cooked and cooled enough to handle, remove the peel and finely mash or purée them.

In a large bowl, mix the sweet potatoes, mascarpone cheese, egg, salt, and flour. Stir the mixture until just combined. If the dough seems wet, add a tablespoon of flour at a time, until it can be formed into a ball. The dough should be sticky.

Generously flour a clean counter and scrape the dough out onto it. Cut the dough into four equal pieces. Working with one piece of dough at a time, roll the dough into a rope about 1 inch thick and cut into bite size pieces. Repeat this process with the other pieces of dough and place the gnocchi on a baking sheet that has been dusted with flour. At this point, the gnocchi can be kept covered in the fridge for up to 1 day, and then boiled just before you are ready to eat. Or boil right away (see below).

Make the sauce: Heat the butter and shallot in a large skillet over medium-high heat and cook until the shallot is fragrant and the butter begins to brown, about 3-5 minutes. Stir in the sage and rosemary and cook for 1 minute. Add the wine and cayenne and season with salt and pepper. Simmer the sauce for 3-5 minutes. Keep warm over low heat.

Bring a large pot of salted water to a boil. Boil the gnocchi until they float to the top and are cooked through, about 3-4 minutes. Remove the gnocchi using a slotted spoon and drop directly into the sauce, gently tossing to combine.

Sweet Potato Soufflé in Phyllo Pastry



INGREDIENTS:

4 medium sweet potatoes	8 Tbsps. salted butter, melted
3 Tbsps. real maple syrup	2 eggs separated
2 tsp. vanilla extract	12-18 sheets frozen phyllo dough, thawed
2 tsp. ground cinnamon	Sea salt for seasoning.
1/4 cup half and half	
2 Tbsps. flour	

METHOD:

Preheat your oven to 400° F. Butter an 8-9 inch spring form pan. Poke a few holes in the sweet potatoes and bake for 1 hour or until soft and tender. When the sweet potatoes are cooked, allow to cool. Reduce the oven temperature to 350° F.

Peel the skins away from the sweet potatoes and mash well in a large mixing bowl. Mix in the maple syrup, vanilla, flour, 1 tsp. cinnamon, half and half, 2 Tbsps. butter, and egg yolks, mixing until combined. Set aside.

In a separate bowl beat the egg whites until stiff peaks form. Fold the egg whites carefully into sweet potato mixture. Set aside while you prepare the phyllo dough.

In a small bowl, mix the remaining 6 Tbsps. butter and 1 tsp. cinnamon.

Place 1 sheet of phyllo dough on a clean counter and brush with the cinnamon butter. Repeat, layering 3 more times. Placing the sheets of dough over top of each other. Carefully transfer the buttered phyllo to the prepared pan, gently pressing it to fit inside. Repeat, overlapping each layer 3 more times until you have completely covered the bottom and sides of the pan to create the crust and have used between 12-18 sheets of dough. Fold in uneven edges toward the center of the pan. Spoon the sweet potato mixture into center of the phyllo dough. Spread in an even layer. Sprinkle with sea salt. Transfer to the oven and bake for 30-40 minutes or until the phyllo is golden brown and the center appears set.