

MAPLE MASHED SWEET POTATOES

(adapted from The Garden-Fresh Vegetable Cookbook: Andrea Chesman's Harvest of Home-Grown Recipes 2005)

This awesome recipe is a fan favourite at our Turkey dinners especially at Easter, Thanksgiving and of course Christmas. This recipe makes a small batch, double or triple depending on the number of guests.

Ingredients:

¼ cup unsalted butter

2 tbsp 10 per cent cream

3 tbsp pure Ontario maple syrup (more if you like sweeter)

½ tsp salt

2 lbs sweet potatoes, peeled, quartered lengthwise, sliced 1/16-1/8 inch thick.

Melt butter in medium pan on medium heat. Stir in cream, syrup and ½ teaspoon salt. Stir in sweet potatoes. Turn heat to low. Cover and cook, stirring often, until sweet potatoes are very tender and falling apart, about 30 minutes. Remove from heat. Mash with potato masher. Whip with whisk until smooth. Add pepper. Adjust salt. Makes about 2 ½ cups.