

Bourbon Sugar Roasted Sweet Potatoes from Urban Sacred Garden



There is nothing more Kentucky than a little bourbon. Add some sugar and some sweet potatoes and you have a tasty side dish that can easily accompany any meal. In the South, we love our sweet potatoes. If you traditionally don't like sweet potatoes this little recipe might just change your mind.

As an added twist, I've added honey buttered apples to this dish. The extra flavor and sweetness give it a great flavor for the perfect Summer or Autumn dish. The apples are optional, but add another layer to the depth of the flavors. You're guaranteed to go back for seconds.

INGREDIENTS

SWEET POTATOES

- 2 Large Sweet Potatoes (or Yams), Cut into Large Chunks
- 1/4 Cup Bourbon (I used Maker's Mark, but any will do)
- 1/3 Cup Bourbon Smoked Sugar or Sugar in the Raw*
- 1/4 Cup Extra Virgin Olive Oil (or enough to coat Sweet Potatoes)
- 1/2 Stick (4 Tbsp) Butter
- Fresh Ground Sea Salt
- Fresh Ground Pepper

APPLES (Optional)

- 2 Apples (Gala or other variety), Cut into Large Dice
- Fresh Juice Squeezed from 1 Orange
- 1/4 Cup Honey
- 1/8 Cup Bourbon Smoked Sugar or Sugar in the Raw*
- 1/2 Stick (4 Tbsp) Butter
- Fresh Ground Sea Salt

*You can often find Bourbon Smoked Sugar in the gourmet foods section, or at Whole Foods and Williams-Sonoma.

DIRECTIONS

1. Preheat oven to 400 degrees.
2. Wash Sweet Potatoes and cut them into same sized large chunks.
3. Toss Sweet Potatoes with Bourbon, Sugar and Olive Oil to thoroughly coat. Add butter, salt and pepper to taste.
4. Place in the oven for 45 minutes until Sweet Potatoes are soft and pierce easily with a fork. Stir Yams with a wooden spoon occasionally to ensure even cooking and browning.
5. APPLES: While Sweet Potatoes are roasting, in a sauce pan over medium-low heat cook apples in orange juice, honey, sugar, and butter for 15-20 minutes until apples are soft. Add salt to taste. Stir occasionally.
6. During the last 15 minutes of Sweet Potato roasting add apples and orange-honey-butter glaze to sweet potatoes. Remove from oven when done. Serve warm. Enjoy!