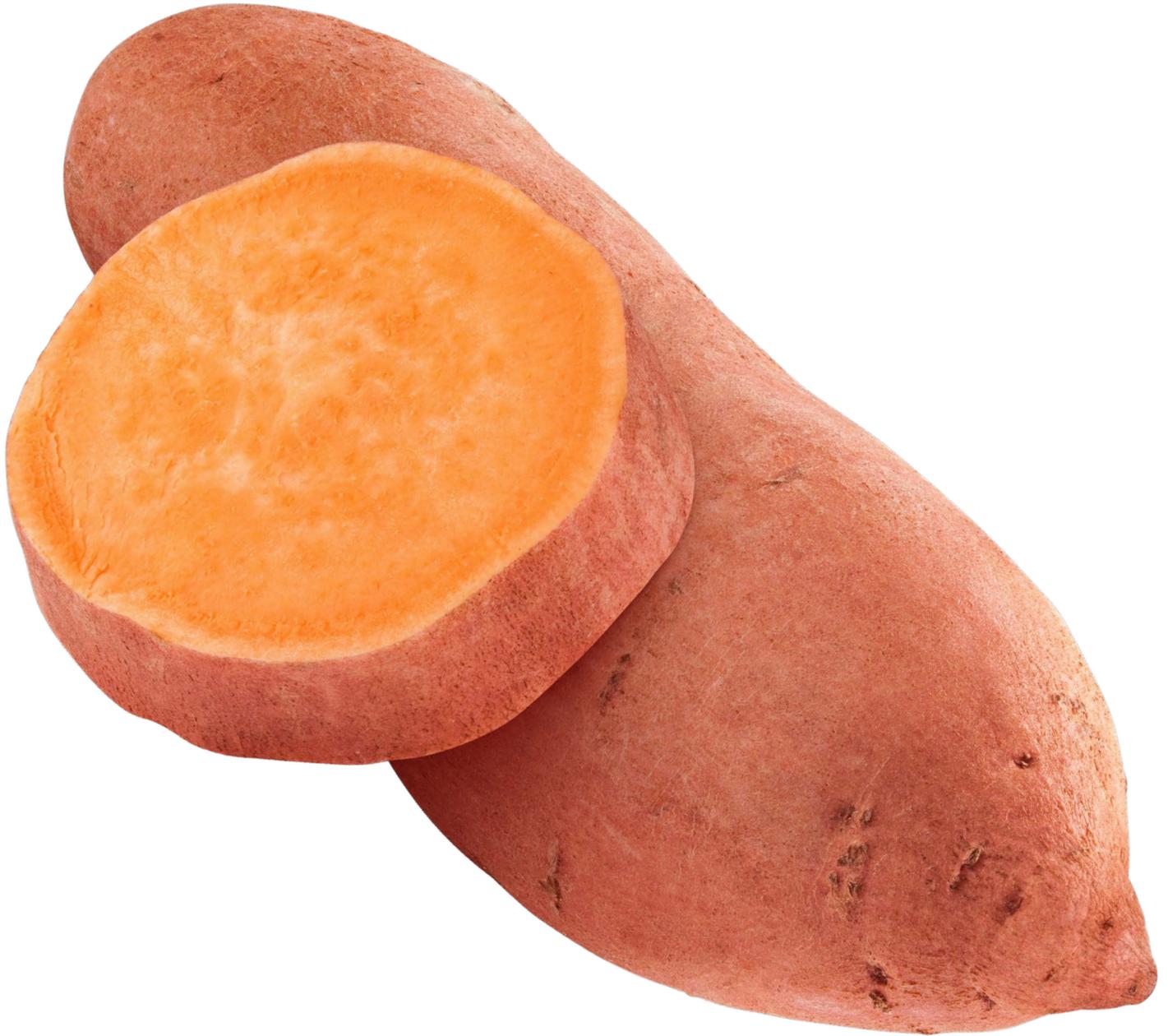




GARDEN STATE ON YOUR PLATE

SWEET POTATO

RECIPES



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Pomptonian & Zone 7

Roasted Sweet Potatoes - Your Way

Ingredients

Sweet Potato

Olive Oil

Salt (to taste)

Preparation

1. Heat oven to 425 degrees F.
2. Cut sweet potatoes into desired shapes: Cubes, wedges, or French-fry style.
3. Drizzle with oil and toss to distribute.
4. Scatter on baking sheet; salt to taste.
5. Roast, turning every 10 minutes or so, until potatoes begin to crisp and caramelize.



Pomptonian

Roasted Sweet Potatoes with Apple-Cranberry Chutney

This is an adaptation of a Pomptonian-Zone 7 recipe. As when making a pie filling, use a mix of apples, so that some melt into a sauce, and others retain some shape. Pantry-friendly raisins, dried cranberries, or chopped dates could stand in for fresh cranberries.

Serves 6

Ingredients

6 medium sweet potatoes
8 apples, peeled, cored, and sliced
½ cup fresh cranberries
1 cup apple cider
2 tablespoons brown sugar, if desired
Zest and juice of 1 lemon
1 teaspoon cinnamon
½ teaspoon cloves
½ teaspoon salt
1 teaspoon vanilla

Preparation

1. Heat oven to 350. Pierce each sweet potato with the tip of a sharp knife to a depth of about ½ inch. Place on baking sheet and roast until sweet potatoes can be pierced easily with a fork.
2. Meanwhile, make chutney: Combine all ingredients except vanilla in medium saucepan. Simmer until apples are mostly tender and cranberries have popped, adding extra cider or water if needed. Remove from heat; stir in vanilla.
3. Place hot sweet potatoes on serving platter. Make a cut, just short of end to end, about an inch deep. Squeeze each potato at each end, toward the middle, to force the steamy potato flesh to mound in the middle.
4. Garnish each sweet potato generously with the chutney. Serve hot or at room temperature.



Pomptonian

Sweet Potato, Black Bean, and Corn Burrito

This adaptation of a Pomptonian recipe is itself endlessly adaptable – just remember, the sweet potato and black beans are the stars here. Possible additions: Diced avocado, chopped scallions, chopped cilantro, diced red bell peppers, jalapeno peppers, scrambled egg, chopped toasted pumpkin seed, pecans, or walnuts, sour cream or plain Greek yogurt, salsa, chili crisp.

Serves 6

Ingredients

3 cups diced unpeeled sweet potatoes
3 cups canned black beans, drained and rinsed
1 tablespoon olive oil
Salt and freshly ground black pepper to taste
1½ cup canned corn kernels, drained
1½ cup cooked brown rice
2 tablespoons mayonnaise, sour cream, or plain yogurt, if desired
6 pita rounds, lavash, or wraps

Preparation

1. Heat oven to 425 degrees. In medium bowl, toss diced sweet potatoes with black beans and season to taste. Turn out into a roasting pan and roast, checking every 10 minutes or so, until sweet potato cubes begin to caramelize. Remove from oven.
2. Return roasted sweet potato and black beans to medium bowl. Stir in the corn kernels; add rice as desired.
3. Optional: For ease in shaping the wraps, slather each piece of bread with the mayonnaise, sour cream, or plain yogurt.
4. Divide vegetable mix evenly among the breads. For the wrap, first fold from the left and right to the middle. Then fold the bottom-most edge up and over, tucking the edge into the filling. Complete the wrap by rolling it over.



NY Times

Spicy Braised Sweet Potatoes

Adapted by Martha Rose Shulman from "The Glorious Foods of Greece," by Diane Kochilas

6 servings

Ingredients

2 tablespoons extra virgin olive oil

1 large red onion, halved and sliced thin across the grain

Salt

2 garlic cloves, minced

1 tablespoon plus 1 teaspoon sweet paprika

½ teaspoon cayenne (more to taste)

2 tablespoons tomato paste

4 large sweet potatoes about 3 pounds, peeled and quartered or cut in sixths if fat

½ cup dry white wine

Water as needed

Preparation

1. Heat the olive oil over medium heat in a large, heavy lidded skillet or Dutch oven. Add the onion and a generous pinch of salt. Cook, stirring, until tender, about 5 minutes. Add the garlic and cook, stirring, until fragrant, 30 seconds to a minute. Stir in the paprika, cayenne and tomato paste, and cook, stirring, until the tomato paste turns a rusty color, about one minute.
2. Add the sweet potatoes, and stir for about a minute until coated with the onion and spice mixture. Add the white wine, enough water to cover the sweet potatoes halfway (1½ to 2 cups), and salt to taste. Bring to a boil, lower the heat to medium-low, cover and simmer 30 to 40 minutes until the potatoes are tender and the sauce thick. Taste and adjust salt. If the sauce is still watery once the sweet potatoes are thoroughly cooked, do not adjust salt right away. Carefully remove the sweet potatoes to a platter using tongs. Turn up the heat, and reduce the sauce until thick. Adjust salt, and pour the sauce over the sweet potatoes. Remove from heat, and let stand for 5 to 10 minutes before serving.

<https://cooking.nytimes.com/recipes/1013448-spicy-braised-sweet-potatoes>



Pati Jinich

Tamales de Camote con Frijol - Sweet Potato and Black Bean Tamales

12-16 Tamales

Ingredients

- 2 pounds sweet potatoes
- 1 cup lard or vegetable shortening
- ½ teaspoon kosher or coarse sea salt
- 1 teaspoon baking powder
- 1 tablespoon brown sugar
- 1 ⅔ cups corn masa flour or masa harina (such as Maseca)
- ½ cup vegetable or chicken broth
- 24 dried corn husks
- 2 cups refried beans*
- 1 cup Mexican crema (optional)
- 1 cup queso fresco, crumbled (optional)

Preparation

1. Preheat oven to 450°F
2. Wrap sweet potatoes in aluminum foil. Bake for 45-50 minutes, or until cooked and soft. Remove from oven; when cool enough to handle, cut open and scoop out cooked pulp into a bowl. Set aside.
3. Make tamales masa: Place lard/vegetable shortening and ½ teaspoon salt into mixing bowl. Beat at medium speed until very light, about 1 minute. Reduce speed to low, add baking powder and sugar, and alternate adding corn masa and the broth. Raise speed to medium and beat for another 6-7 minutes, or until mixture appears fluffy.
4. Assemble: Soak dried husks in hot water for a couple of minutes, or until they are pliable. Drain. Lay out husk with tapering end toward you. Spread about ⅔ cup masa into a 2-3-inch square about ¼ inch thick, leaving a border of at least ½ inch on the sides. Place about two teaspoons of refried beans in the middle of the masa square. Pick up the two long sides of the corn husk and bring them together. (The masa will begin to swaddle the filling). Fold them to one side, rolling them in the same direction around the tamale. Fold the empty section of the husk with the tapering end, from the bottom up, to form a closed bottom and an open top. Gently squeeze the bottom to the top to even the filling out. Place assembled tamales as upright as possible in a container.
5. Place water in the bottom pan of a steamer, so that water is under the steamer basket/rack. Bring to simmer. Line steamer with one or two layers of soaked corn husks. Place tamales vertically into prepared steamer, with open end facing up. Fill any open space with corn husks to stabilize tamales during cooking. Cover with more corn husks and steam, covered, for 55-60 minutes. Tamales are done when they peel easily from the husks.
6. Serve with crema and/or crumbled queso fresco if desired.

*To make refried beans in a traditional way, mash cooked pinto or black beans in the pan with sauteed onion or place in the blender to make a smooth puree to thicken and season.

<https://patijinich.com/sweet-potato-and-black-bean-tamales/>



Peru Delights

Sweet Potato and Zucchini Locro

In this version of a traditional and hearty Andean highlands recipe, potatoes are replaced with sweet potatoes, and pumpkin is replaced with zucchini. Locro has as many variations as there are South American kitchens and traditionally is eaten on Argentinean holidays and national feast days.

4 servings

Ingredients

¼ cup olive oil
1 red onion, chopped
4 garlic cloves, chopped
1 tablespoon+1 teaspoon ahi amarillo paste (optional)
2 sweet potatoes, peeled and cubed
2 large zucchini, cubed
Salt and pepper to taste
1 quart vegetable stock or water
1 cup corn kernels (canned or frozen)
1 cup green peas
1 cup cubed tofu or feta cheese
1 cup heavy cream or half-and-half
½ cup chopped cilantro

Preparation

1. Heat oil in large sauté pan over medium heat. Saute onion for 5 minutes, stirring occasionally. Add garlic; saute for an additional minute or so, continuing to stir.
2. Add chili pepper paste if using, along with sweet potato, zucchini, salt, and pepper. Cook, stirring continuously for two minutes, and add vegetable stock or water.
3. When mixture returns to boil, lower heat and cover pan.
4. Cook for 20 minutes; add corn and peas, and cook for an additional 3-4 minutes.
5. Remove from heat. Add tofu or cheese; add cream, and stir.
6. Serve, topped with chopped cilantro.

<https://perudelights.com/sweet-potato-and-zucchini-locro-the-ultimate-vegetarian-dish/>



Two Plaid Aprons

Sweet Potato Mochi Pancakes with Brown Sugar Nut Filling

These sweet potato mochi pancakes are inspired by hotteok, a Korean street food. They are mildly sweet and chewy.

Makes 14 Pancakes

Ingredients

FILLING

1/2 cup roasted cashews, roughly chopped (or other preferred nuts)

2 tablespoons brown sugar

2 tablespoons peanut butter (or other nut butter)

1 teaspoon ground cinnamon

Pinch salt

PANCAKE

2 medium sweet potato (about 16 ounces, total)

2 teaspoons brown sugar

1 ¾ cup glutinous rice flour

Pinch salt

Preparation

1. Make filling: Mix together all ingredients until combined. Set aside.
2. Make sweet potato rice cakes: Cut sweet potatoes into ¼-inch slices. Arrange slices in heatproof bowl and cover; steam over medium-high heat until slices are easily pierced with a fork, about 15 minutes.
3. Transfer steamed sweet potato to mixing bowl. Add sugar and salt and mash to puree.
4. Add glutinous rice flour; mix with fork or chopsticks until dough turns shaggy. Let cool to lukewarm.
5. Knead dough until smooth, and barely tacky. Divide into 14 equal pieces; roll each into a ball.
6. Flatten to ¼ inch thick, keeping centers slightly thicker than the edges.
7. Place about 1 tablespoon filling in center of flattened dough circle; pinch edges around filling, forming filled dough balls. Gently flatten each dough ball into a disc about ¼-½ inch thick.
8. Heat non-stick pan over medium heat; add small amount of neutral oil.
9. Cook mochi pancakes on each for 3-5 minutes, until both sides are golden and spring back when touched. Serve hot.

<https://twoplaidaprons.com/sweet-potato-mochi-pancakes/>



The Guardian

Peanut and Sweet Potato Stew

Melissa Thompson, author of "Motherland," writes in The Guardian of this West African peanut stew: "The movement of peanuts around the world tells of the trading routes that saw food, goods and people cross the Atlantic through the Columbian Exchange and beyond."

4-6 servings

Ingredients

1 onion, chopped
Vegetable oil
2 cloves garlic, crushed
1-inch piece ginger, finely grated
2 teaspoons ground turmeric
1 tablespoon ground coriander
1 tablespoon ground cumin
1 teaspoon ground fenugreek
2 medium sweet potatoes, peeled and chopped into 1-inch cubes
2 quarts vegetable stock
1 14-ounce can red kidney beans, drained
2 tablespoons peanut butter (can substitute other nut/seed butter)
2 bunches spinach, double-washed, stalks removed, and roughly chopped
Sea salt
Cooked brown or white rice

Preparation

1. In a Dutch pot or large saucepan, fry the onion in a little oil. After 8 minutes, add the garlic and ginger, and cook for another couple of minutes before adding the spices, mixed with a little water to prevent them burning. Stir and cook until the spices become aromatic.
2. Add the sweet potatoes and stir to coat, then pour in the stock, and add the beans and peanut butter. Put a lid on the pot and cook for 10-15 minutes until the sweet potatoes are soft.
3. Remove the lid, mix in the spinach and leave for 5 minutes until cooked. Taste, then add salt until seasoned as you prefer.
4. Serve over hot rice.

<https://www.theguardian.com/food/2023/jan/30/peanut-sweet-potato-stew-recipe-melissa-thompson>



Jamie Oliver

Chickpean and Sweet Potato Curry

This is a quick version of Jamie Oliver's recipe. To ramp up the flavor, soak dried chickpeas overnight and simmer them in water until tender; roast the cubed and salted sweet potatoes in olive oil until golden before adding. Pass bowls of toasted chopped walnuts, lime wedges, and scallions at the table.

6 servings

Ingredients

1 13.6-ounce can coconut milk
1 large (1 lb-13 ounce) can chickpeas with liquid
1 10-ounce can chopped or diced tomatoes
2 sweet potatoes, peeled and diced
4 tablespoons olive oil
2 large shallots, chopped
2 cloves garlic, smashed
1½ tablespoons minced ginger
1 teaspoon mustard seed
Salt to taste
Cooked brown rice

GARNISHES

Sriracha sauce
Toasted chopped walnuts or pecans
Lime wedges
Chopped scallions

Preparation

1. Place chickpeas with juice, sweet potatoes, coconut milk, and tomatoes in medium stockpot over medium heat, seasoning with salt. When mixture boils, reduce to simmer.
2. Meanwhile, saute shallots, seasoning with salt, until translucent and slightly golden in spots; add garlic and ginger; stir over heat for about a minute, then add to simmering chickpeas. Salt to taste.
3. Add olive oil to saute pan and heat to shimmering. Add mustard seed. When they begin to pop, remove from heat and scrape, with oil, into mixture.
4. Add salt and Sriracha sauce to taste.
5. Simmer at least until potatoes are tender; more simmering will result in a thicker texture and more concentrated flavor.

<https://www.jamieoliver.com/recipes/vegetables/pumpkin-chickpea-coconut-curry/#E1Y7Z1o97yRV8LrF.97>

