



cara price

SWEET POTATO AU GRATIN

INGREDIENTS

for the potatoes:

- 3 pounds sweet potatoes, peeled & cubed
- 1/2 cup full fat coconut milk
- 2 tablespoons ghee
- 2 teaspoons salt
- 1-1/2 teaspoons pepper
- 1/2 teaspoon dried sage
- 1/2 teaspoon nutmeg

for the topping:

- 1 cup pecans, chopped
 - 1/4 cup maple syrup
 - 2 tablespoons ghee
 - 1/2 teaspoon cinnamon
- + a smidge of olive oil for the dish

DIRECTIONS

preheat the oven to 375°.

In a large pot, place cubed potatoes, water & a pinch of salt. place pot on stove top & turn on medium high heat. once the water begins to boil, continue cooking for 15 minutes {water should continue to boil somewhat rapidly but watch carefully to make sure it doesn't boil over}. check that the potatoes are fork tender & drain from water.

immediately after draining, return potatoes back to pan & add in 2 tablespoons of ghee. begin mashing potatoes, either with a handheld masher or small hand mixer. once the ghee is melted, add in coconut milk, salt, pepper, sage & nutmeg. stir coconut milk & spices until totally blended into potatoes.

using a smidge of olive oil, grease the bottom & sides of an 8x8 dish. {i used an oval dish above, that was 6x9}

pour the sweet potato mixture into the pan & spread out evenly.

in a small saucepan, melt the ghee over low heat & add in the maple syrup, cinnamon & pecans. stir well.

evenly pour the topping over the dish of sweet potatoes & bake 15 minutes or until pecans are golden brown.