

Side Dish

Sweet Potato Bourbon Mash

Elizabeth Karmel - For The Associated Press
Palm Beach Post

Servings: 8

Start to Finish Time: 2 hours

This dish can be prepared a day ahead.

8 large garnet sweet potatoes

1 pint heavy cream

3/4 cup Maker's Mark bourbon

1/2 cup packed dark brown sugar

1/2 cup molasses

1 teaspoon salt (or more to taste)

3 dashes hot sauce (or more to taste)

1/8 teaspoon nutmeg

Preheat the oven to 350 degrees.

Prick each sweet potato with a fork. Roast for 1 1/2 hours or until tender. Remove from the oven and set aside until cool to the touch.

Peel the sweet potatoes. Cut each into quarters. Place the potatoes in a large stockpot or Dutch oven.

Add the cream, bourbon, brown sugar, molasses and salt.

Use a fork or masher to mash everything together. Add water if the mixture is too dry.

Heat over medium-low for 30-to 40 minutes or until the sweet potatoes are so soft that they resemble a puree.

This second cooking makes the potatoes foolproof since any hard (under-cooked) pieces of sweet potato will be well cooked before serving.

Stir in the hot sauce and nutmeg then adjust the salt as needed.

Per Serving (excluding unknown items): 312 Calories; 22g Fat (62.0% calories from fat); 1g Protein; 29g Carbohydrate; trace Dietary Fiber; 82mg Cholesterol; 35mg Sodium. Exchanges: 0 Grain(Starch); 0 Non-Fat Milk; 4 1/2 Fat; 2 Other Carbohydrates.