

SWEET POTATOES

To store: Keep unwashed sweet potatoes in a cool, dark, place, such as a loosely closed paper bag in a cupboard, and use them within a few weeks. Do not store sweet potatoes in the refrigerator. Cold temperatures can darken the potatoes and will adversely affect their taste.

Handling: Scrub gently before cooking. The skin can be eaten, but peel them if you will be eating them raw. If you will be pureeing or mashing them, bake or boil them whole and then remove the skins.

To use: Try raw sweet potatoes cut into sticks for dipping, or grate them into salads. To bake, place whole (pierce with a knife in a few places) potatoes each wrapped in foil in a pan and bake at 400 degrees for 45 minutes until the centers are soft. To steam, place quartered sweet potato chunks in steamer over boiling water and cook until tender 20 minutes. Boil whole sweet potatoes in salted water until very tender, 25-40 minutes. Substitute pureed sweet potatoes for pumpkin in many recipes. Saute or fry 1/2 inch slices of sweet potatoes in oil until nicely browned on both sides and fork tender.

To freeze: Boil sweet potato until tender and mash/puree. Place puree into ice cube containers and freeze. When frozen, put cubes in Ziplock freezer bags, removing as much air as possible. Makes a great baby food.