Candied Sweet Potatoes

Serves 6

Base Preparation (All Methods)

Ingredients

- 6 medium sweet potatoes

Instructions

1. Boil sweet potatoes until almost tender.
2. Peel and cut in halves lengthwise, or slice.
3. Place in a greased baking dish.
4. Finish using any of the methods below.

Method 1 - Brown Sugar and Orange

Ingredients

- 1 cup brown sugar
- Grated rind of 1 orange
- 1/4 cup butter
- 1/2 cup water

Instructions

1. Sprinkle brown sugar and grated orange rind over potatoes.
2. Dot with butter.
3. Add water to the baking dish.
4. Bake in a slow oven (300°F) for 1 hour.

Method 2 - Brown Sugar Sauce with Cinnamon

Ingredients

- 1 cup brown sugar
- 1/2 cup water
- 1 Tbsp butter
- Cinnamon to taste

Instructions

1. Cook brown sugar and water together in a saucepan for 5 minutes.
2. Add butter and stir until melted.

3. Sprinkle potatoes with cinnamon.
4. Pour sauce over potatoes.
5. Bake until browned.

Method 3 - Honey

Ingredients

- 1 cup honey

Instructions

1. Spread honey evenly over potatoes.
2. Bake until browned.

Method 4 - Maple Sugar Sauce

Ingredients

- 1 cup maple sugar
- 1/2 cup water
- 4 Tbsp butter

Instructions

1. Combine maple sugar, water, and butter to make a sauce.
2. Pour over potatoes.
3. Bake until browned.

Method 5 - Karo Syrup

Ingredients

- 1/2 cup Karo syrup
- 1/2 cup sugar
- 1/4 cup water

Instructions

1. Combine Karo syrup, sugar, and water in a saucepan and cook until a thick syrup forms.
2. Pour over potatoes.
3. Bake until browned.

Candied Sweet Potatoes (6)

Boil 6 medium sweet potatoes till almost tender (2) peel, cut in halves lengthwise or slice, place in baking dish & finish in any following ways

(1) Sprinkle with 1c brown sugar & grated orange rind, dot with 1/4 c butter. Add 1/2 c water. Bake 1 hr in slow oven

(2) Cook together 1c brown sugar and 1/2 c water 5 min. add 1T butter. Sprinkle potatoes

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with cinnamon. Pour the sauce
over potatoes cook till brown
3) Spread 1 c. of honey over potatoes.
Bake till brown.
4) Cover potatoes with sauce made of
1 c maple sugar 1/2 c water &
4 tablespoon Butter, Brown in oven
5) Make thick syrup of 1/2 c Nors
1/2 c sugar & 1/4 c. water Pour
over Potatoes & Brown in oven

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