

CANDIED SWEET POTATOES

Chef Paul Mattison

comments

It's important not to overcook potatoes or they become mushy and fall apart.

notes

Serves 6-8

prepare in advance

Ingredients

Measure

6 T butter
1/4 C honey
3 T brown sugar
1/2 tsp. cinnamon

Wash, peel, slice into 1/2 in. slices

3 lbs. sweet potatoes

Have available

Salt and pepper

complete recipe

Place sweet potatoe slices in a large pot of salted water.

Simmer until just fork tender. Drain.

In large non-stick pan melt butter.

Add sweet potatoes, honey, brown sugar, and cinnamon and heat through.

Season with salt and pepper to taste.