



Tasty - Sweet - Delicious



SWEET POTATOES America's Best Vegetable

This May Be Your Favorite

Coconut Custard Yam Pie

2 cups mashed cooked yams (about 2 large), 3 eggs, 1/2 cup granulated sugar, 1/4 cup packed brown sugar, 1 tsp. salt, 1 tsp. cinnamon, 1/2 tsp. nutmeg, 1/4 tsp. ginger, 1/8 tsp. cloves, 1 cup evaporated milk or light cream, 1 1/2 cups freshly grated coconut, loosely packed, 1 unbaked 9-inch pastry shell.

To prepare yams, bake in 350 degree oven for 40 minutes or cook in boiling water 25 minutes, until soft. Cool, peel and mash. In large bowl, beat eggs with sugars, salt and spices. Add mashed yams and evaporated milk; mix well. Fold in 1 cup grated coconut. Turn into unbaked pastry shell. Bake at 350 degrees for 50 minutes longer or until tip of knife inserted into center of pie comes out clean. Serve warm or cooled with whipped cream or ice cream, if desired.

Try This One First

Sweet Potato Fluff

4 or 5 hot yams (30 ozs.) drained and mashed, 1 can (8 oz.) crushed pineapple, drained, 1/2 cup sliced water chestnuts, 1/2 cup firmly packed brown sugar, 1/2 teaspoon salt, 1 tablespoon cream Sherry, 3 tablespoons melted butter or margarine, 1/4 cup fine dry bread crumbs. With a fork, blend the mashed yams, pineapple, water chestnuts, sugar, salt, Sherry, and 2 tablespoons of the butter. Turn into a shallow 1-quart baking dish. Stir remaining butter quickly into bread crumbs and spread mixture evenly over the yams. Bake, uncovered, in a 350 degree oven for 40 minutes or until heated through. Makes 4 to 6 servings.

Custard Pudding

3 eggs; 1 cup sugar; 1 2/3 cup evaporated milk (one large can); 2 cups sweet potatoes - cooked, peeled and mashed; 1/2 cup raisins; 1/2 teaspoon salt; 1/2 teaspoon cinnamon; 1/2 teaspoon cloves; 1/2 teaspoon nutmeg. Beat eggs, add sugar and beat thoroughly. Add milk and beat. Add sweet potatoes, raisins, salt and spices and mix thoroughly. Grease casserole liberally with butter and pour in pudding mixture. Bake 15 minutes in 450 degree oven then reduce heat to 350 degrees and bake 30-35 minutes or until knife inserted in center comes out clean. Delicious served warm with whipped topping or cream.

More Modern Favorites

Carolina Pudding

1 cup mashed, cooked sweet potatoes (about 2 large), 5 eggs, 1/2 cup sugar, 1/2 teaspoon salt, 1 cup orange juice, 1 cup milk, 1/4 teaspoon each: nutmeg, cinnamon and all-spice, toasted slivered almonds. In large bowl mix together cooked sweet potatoes which have been mashed, and remaining ingredients, except almonds. Pour into six greased custard cups. Place in pan filled with one inch of water. Bake in 350 degree oven for one hour or until tip of knife inserted near center comes out clean. Serve warm with toasted almonds or whipped cream.

Sweet Potatoes Supreme

6 medium potatoes, grated, 1/4 cup melted butter, 3 eggs, separated, 1/2 cup sugar, 1/4 teaspoon salt, 1/4 teaspoon cloves, 1/4 teaspoon cinnamon, 1/2 cup molasses or corn syrup, 1/2 cup chopped pecans, marshmallows cut in half, optional. Blend together all ingredients except egg whites and marshmallows. Beat egg whites until stiff peaks form and fold into sweet potato mixture. Bake in greased 1 1/2 to 2-quart casserole. Bake in 350-degree oven 30 minutes. Arrange marshmallow halves on top and continue to bake 5 to 10 minutes longer. (Serves 6)

Sweet Potato Fries

4 medium-sized baked or boiled sweet potatoes; 3 tablespoons butter; 1 teaspoon salt; 1/4 teaspoon pepper; 1/4 teaspoon nutmeg; 1/8 teaspoon cinnamon; flour; 1 egg, slightly beaten; 2 tablespoons water; fine, dry crumbs. Peel hot baked or boiled sweet potatoes and put through ricer. Beat in butter, salt, pepper, nutmeg and cinnamon and chill. Shape into 2 1/2 inch patties, roll in flour, then in egg which has been diluted with water, and then roll in crumbs. Fry in deep hot fat at 385 degrees about 3 minutes until golden brown. Drain on paper towels.

Potato Pudding

6 cups grated raw sweet potatoes; 2 cups rich whole milk; 4 eggs; 3 1/2 cups sugar; 1 1/2 tablespoons vanilla; 1/2 pound butter; 1 teaspoon nutmeg; 1/4 teaspoon salt. Beat eggs and sugar together until thick. Melt butter. Stir all other ingredients together and pour into prepared pan. Bake at 350 degrees stirring occasionally until thick. (Grease well a large baking dish or pan.) Delicious as is or serve with whipped cream.

Nothing beats the thrill of your own "Home Grows" for Thanksgiving, Christmas and other "Special Occasions"