



Recipes

Sweet potato

Kids will love these as a change from 'normal' potatoes. They are also great for adding a lovely orange colour to dishes to brighten up a meal and make it look more appealing.

If you haven't eaten sweet potato in a while, here are a few tasty ideas.

1. Roast: Wash, peel, chop into cubes, add seasoning (curry spices work well) or herbs and roast in a hot oven with a little oil for around 30 minutes.
2. Baked: Wash and prick the sweet potato and place in a moderately hot oven for around an hour. Serve with a filling such as tuna, cottage cheese and spring onion or a chilli mix.
3. Mashed: Wash, peel and chop into cubes. Place in boiling water and simmer for around 20 minutes. Mash with a little oil/margarine and a little milk. Season with spices such as pepper or a mild chilli.
4. Wedges: Wash and peel the sweet potato. Slice it in half and then place the half, flat side down and cut out wedge, slicing from the outside to the middle. Place in a pan with a little oil and shake well with some seasoning such as paprika until well coated. Pour into an oven dish and bake in a hot oven for around 40 minutes.
5. Sweet potato cakes: Make in the same way you would potato cakes. Mash the sweet potato as above but you don't need to add oil or milk; just add an egg to help bind the mix. Make in to patty shapes. Coat in a little flour and fry in batches, toasting each side of the patty.
6. Soup: Sweet potatoes make a nice soup especially when combined with other root vegetables such as carrots or parsnips.
7. Other ideas: Add to curries, stews, soups, wraps, pizza topping or salads. Use in place of mash in traditional dishes that used mashed potato such as cottage pie, fish cakes or fish pie.