

# Betty's Holiday Mashed Sweet Potatoes--Easter



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In this video, Betty demonstrates how to make Holiday Mashed Sweet Potatoes. This is a dish that would be great for an Easter (or other holiday) table.

## Ingredients:

3 medium-sized red sweet potatoes, peeled and cut into equally-sized pieces (about  $\frac{3}{4}$ -inch cubes or wedges)  
4 tablespoons butter, melted  
2 tablespoons milk  
1 teaspoon sugar  
 $\frac{1}{2}$  teaspoon salt  
freshly grated black pepper

## Optional Topping Ingredients:

1 tablespoon butter  
 $\frac{1}{4}$  cup light brown sugar  
dash of cinnamon  
dash of nutmeg

In a medium-sized pot, place 4 tablespoons melted butter, 2 tablespoons milk, 1 teaspoon sugar,  $\frac{1}{2}$  teaspoon salt, and 3 peeled and cubed red sweet potatoes. Place over low to medium heat and bring to a boil, stirring with a large spoon. When the liquid at the bottom of the pot is bubbling, reduce heat to low, cover pot with a lid that fits, and cook until sweet potatoes are fork-tender, about 30 minutes. When the sweet potatoes are soft, remove them from heat and mash with a potato masher until smooth. (You may use an electric mixer, if you prefer whipped sweet potatoes.) Immediately place mashed sweet potatoes in a serving bowl and grind fresh black peppercorns over the top. You may serve your Holiday Mashed Sweet Potatoes immediately, or top them with crumbs formed by using a fork to mash 1 tablespoon butter,  $\frac{1}{4}$  cup light brown sugar, a dash of cinnamon and a dash of nutmeg. Either way, this dish is delightful! I hope you can use it for your holiday table! Love, Betty :)