

FOOD FORUM

Dorothy Johnson

YAMS

Our holiday menu usually have the yam or sweet potato. Cook yams and sweet potatoes in their jackets in order to preserve the nutrients and protect the flavor. If a recipe calls for slicing the golden tubers, slice thinly just before cooking. But by all means cook them now and throughout the entire holiday season.

SAVORY SWEET POTATO PIE

- 4 medium sweet potatoes
- 1/2 cup soft butter or margarine
- 3 eggs, separated
- 3 tbsp. sugar
- 1/4 cup chopped onion
- 1/4 cup chopped parsley
- 1 tsp. salt
- 1/4 tsp. tarragon
- 1 tbsp. lemon juice
- 1/2 cup milk
- 1 unbaked 9-inch pastry shell

Wash potatoes and prick with fork. Place in baking pan and bake at 400 degrees 35 to 40 minutes, or until soft. Scoop out pulp into large bowl. Add butter and beat until smooth. Beat in egg yolks, sugar, onion, parsley, salt beat egg whites until stiff but not dry. Fold into sweet potato mixture. Turn into unbaked pastry shell. Bake at 350 degrees 50 minutes.

SWEET POTATO MEAT PIE

- 1 lb. ground beef
- 1/2 cup chopped onion
- 1/4 cup chopped celery with leaves
- 1 tomato, peeled and chopped
- 1 tsp. salt
- 1/8 tsp. pepper
- 1/4 tsp. thyme
- 2 tbsp. flour
- 2 cups pared and diced sweet potatoes
- 1 tsp. worcestershire sauce
- 1 beef bouillon cube
- 1 cup water
- 1 baked 9-inch pastry shell

In large skillet, break up ground meat. Cook and stir occasionally until lightly browned. Add onion and celery and cook until tender. Add tomato, salt, pepper and thyme. Cook uncovered 10 minutes. Sprinkle with flour and mix well. Add potatoes, worcestershire sauce, bouillon cube and water. Stir until bouillon cube dissolves. Turn into baked pastry shell, cover loosely with foil and bake at 400 degrees 20 to 30 minutes.

SWEET POTATO CUSTARD PIE

- 2 medium sweet potatoes
- 1-1/2 cups sugar
- 1-2/3 cups milk
- 3 eggs
- 1/2 tsp. salt
- 1/8 tsp. ginger
- 1 tsp. grated orange peel
- 1 unbaked 9-inch pastry shell

Wash potatoes and prick with fork. Place on foil or in small baking pan and bake at 400 degrees 35 to 40 minutes until soft. Scoop pulp into large bowl. Mash until smooth. Beat in sugar, milk, eggs, salt, ginger, butter and orange peel. Turn into unbaked pastry shell. Bake at 350 degrees 1 hr. or until tip of knife inserted in center comes out clean. Serve warm with whipped cream if desired.

YAM BANANA PUDDING

- 2 cups mashed cooked yams
- 1 cup mashed banana
- 1/3 cup light brown sugar
- 1/4 cup melted butter or margarine
- 1/2 cup milk
- 1/2 cup dairy sour cream
- 1 tbsp. grated orange peel
- 1/2 cup orange juice
- 1/4 tsp. salt
- 1/2 tsp. pumpkin pie spice
- 4 eggs, separated

In large bowl combine potatoes, banana,

sugar, butter, milk, sour cream, orange peel, orange juice, salt, pumpkin spice and egg yolks. In a small bowl beat egg whites until stiff and fold in sweet potato mixture. Pour into greased 2 qt. baking dish and bake at 350 degrees for 1-1/4 hr.

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- Install six inches of attic insulation. **SAVE UP TO 20%**
- Install storm windows and doors. **SAVE UP TO 15%**
- Weatherstrip windows and doors. Caulk all window and door frames. **SAVE UP TO 4%**

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