

## INGREDIENTS

4 lb sweet potato or yam (about 4-6 pieces yam or  
12 pieces sweet potatoes depending on size)  
peeled and cut into 1 to 1 ½ -inch chunks  
1 ½ cups (3 sticks or ¾ pound) butter cut into cubes  
2 tbsp brown sugar  
½ tsp ground cinnamon  
¼ tsp ground nutmeg  
3 tbsp pure maple syrup  
¼ to ½ cup cream, as needed to achieved desired  
consistency  
Salt and freshly ground black pepper

## PREPARATION

Steam the potatoes/yams to preserve the flavor and vitamins until tender. (To steam them, place them in a single layer on a rack placed over a large shallow pan of water with a large pot lid cover. Replenish water in pan if it boils off before they are tender)

Place the tender potatoes in a large bowl and mash by hand with a masher or fork. Then, using a beater, whip in butter, brown sugar, cinnamon, nutmeg, maple syrup, and enough cream to achieve your desired consistency. Season to taste with salt and pepper.

# Mashed *Sweet Potato*

