

## Mashed Sweet Potatoes

Dinner At Home | November 2004



- 3 LB. SWEET POTATOES, PEELED AND QUARTERED**
- 1 TSP. SALT**
- 1/2 CUP WHOLE MILK**
- 1/4 CUP UNSALTED BUTTER**
- 1/4 CUP DAIRY SOUR CREAM**
- 1/4 CUP PURE MAPLE SYRUP**
- SALT AND FRESHLY GROUND BLACK PEPPER**

Place the potatoes and 1 teaspoon salt in a Dutch oven and fill it with enough water to cover potatoes. Bring to boiling; reduce heat. Simmer, covered, 25 to 30 minutes or until potatoes are tender. Drain well.

Meanwhile, heat the milk and butter together in a small saucepan until butter is melted. Place a portion of the potatoes in a potato ricer and mill the potatoes back into the Dutch oven. Repeat until all of the potatoes have been put through the ricer. Or, place all the potatoes back in the Dutch oven and mash with a potato masher. Add the hot milk mixture to the mashed potatoes and stir until combined. If necessary, cook and stir over low heat until heated through. Fold in sour cream and maple syrup. Season to taste with additional salt and pepper. Makes 8 servings.