



## Mashed Candied Yams

### Ingredients

- 4 ea sweet potatoes/yams
- 2 Tbs extra virgin olive oil
- 1 Tbs + 2 tsp salt
- 2 Tbs butter
- ½ c heavy cream
- 1 Tbs Pumpkin Spice blend (see below)
- ⅓ c brown sugar
- ½ c chopped pecans

Preheat oven to 400F. Line a baking sheet with foil.

Prick the sweet potatoes with a fork a few times, then place on the baking sheet. Drizzle the olive oil over the potatoes, and massage it in, making sure the potatoes are completely covered. Season with one tablespoon of salt, making sure the potatoes are salted all over. Place in the oven for about an hour, or until easily pricked with a fork.

Remove the sweet potatoes from the oven, and let cool just enough to handle. Preheat the broiler on your oven.

Cut the sweet potatoes in half, and transfer them to a large bowl, peeling off the skins and discarding them. Whisk in the butter, allowing it to melt as you mash the sweet potatoes, then add in the heavy cream, sugar, pumpkin spice and pecans.

When everything is whisked together evenly, transfer the sweet potatoes to a baking dish, and place under the broiler, just until golden on top.

### DIY Pumpkin Spice Blend (combine all ingredients)

- |       |                 |
|-------|-----------------|
| 3 Tbs | ground cinnamon |
| 2 tsp | ground ginger   |
| ½ tsp | ground cloves   |
| ½ tsp | ground allspice |
| 1 tsp | ground nutmeg   |

Recipe & Video courtesy of Chef Casey Corn  
[iamcornivore.com](http://iamcornivore.com) or instagram @casey\_corn

See video here:

