

## **Sweet potato and yams / Tesco.**

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# Sweet Potato and Yams



## Creamed Yam with Leeks and Bacon

### Ingredients

750g Yam, peeled and cut into small pieces  
50g butter  
50ml single cream  
Nutmeg  
Black pepper  
2 leeks, sliced  
4 rashers smoked backed bacon, diced  
25g gruyere cheese, grated

Ideal served as a supper dish or as an accompaniment to grilled or roasted chicken

### Method

1. Cook the Yam in lightly salted, boiling water for 15-20 minutes, until tender
2. Meanwhile cook the sliced leeks in lightly salted boiling water until soft
3. Fry the bacon in its own fat until lightly browned and crispy
4. Drain the potato and add the butter, cream, nutmeg and black pepper and mash until smooth and creamy
5. Add the leeks and half the bacon and blend together
6. Transfer the mash to an ovenproof dish, top with the remaining bacon and grated gruyere and brown under a hot grill



## Yam Raita Salad

### Ingredients

500g Yam, washed, peeled and cut into 2cm cubes  
Salt and pepper  
100g cucumber, diced  
4 spring onions, chopped  
1 green chilli, de-seeded and finely chopped  
2 x 15ml sp. Coriander, chopped  
300g natural yoghurt

### Method

1. Cook the Yam in lightly salted, boiling water for 10-15 minutes, until tender
2. Add the remaining ingredients in a bowl and mix together well
3. Gently stir in the cooked Yam until coated with the yoghurt mixture

Ideal served with spicy kebabs or filled in warm pitta breads

# cooking with sweet potatoes



## Sweet Potato and Cinnamon Flan

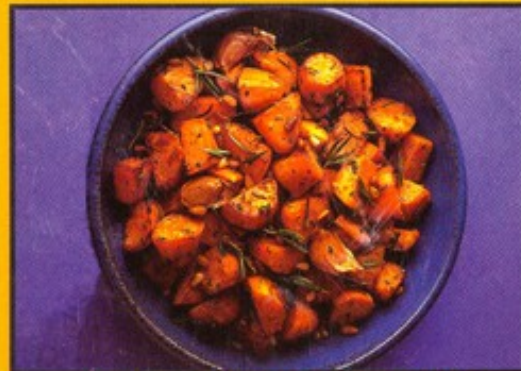
Preparation time: 30 minutes, plus chilling time  
Cooking Time: 45 minutes Serves: 8

### Ingredients

250g fresh shortcut pastry  
500g (1lb 2oz) sweet potatoes, peeled, boiled and puréed (or mashed)  
2 medium eggs, beaten  
1 x 410g can of evaporated milk  
75g (3oz) dark brown soft sugar  
1 tsp ground cinnamon  
1/2 tsp ground ginger  
Pinch of ground cloves

### Method

- 1) Pre-heat the oven to 220C/425F/Gas Mark 7
- 2) Roll out the pastry and line a 23cm (9in) round flat tin, chill in the fridge for 15 minutes, then bake blind for 5-10 minutes
- 3) Carefully blend together all the remaining ingredients in a large mixing bowl
- 4) Pour the mixture into the part-baked, chilled pastry shell and place towards the centre of the oven for thirty minutes, reduce the heat to 180C/350F/Gas Mark 4 and cook for a further 10-15 minutes until set.
- 5) Serve hot or cold with crème fraîche



## Roasted Sweet Potatoes with Garlic and Pine Nuts

Preparation time: 5 minutes  
Cooking Time: 30 minutes Serves: 4-6

### Ingredients

750g bag of sweet potatoes, washed  
3x15 mlsp (3 tbsp) olive oil  
6 cloves of garlic, peeled  
3-4 sprigs of rosemary  
2x15 mlsp (2 tbsp) pine nuts

### Method

- 1) Pre-heat the oven to 190C/375F/Gas Mark 5
- 2) Cut the potatoes into even sized pieces and place in a roasting tin with the garlic and half the rosemary
- 3) Pour the olive oil over the potatoes ensuring they are evenly coated
- 4) Cook in the centre of the oven for 30 minutes, turning half way through cooking
- 5) Transfer to a serving dish, sprinkle over the pine nuts and garnish with the remaining rosemary

IDEAL SERVED WITH ROAST LAMB



## Sweet Potato – Recipe Hints and Tips

- Mashed Sweet Potatoes:** Peel and boil the sweet potatoes until tender. Drain then mash with butter and a pinch of cinnamon.
- Baked Sweet Potatoes:** Bake the potatoes for 30-50 minutes depending on size. Split open and top with sour cream or try topping them with maple syrup for a real treat!
- Cubed Sweet Potatoes:** Add cubed sweet potatoes to casseroles for a delicious flavour and great colour contrast.
- Raw Sweet Potatoes:** Add raw shredded sweet potatoes to salads and coleslaw for a vibrant colour, sweet flavour and crisp texture.

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