

PANDEMIC PANTRY RECIPES ~ JUNE 5, 2021
IN PRAISE OF THE SWEET POTATO

Sweet Potato Salad

(serves 6)

4 medium sweet potatoes, peeled and diced
1 large onion, diced
½ tsp kosher salt
Black pepper
3 TBS olive oil
1TBS minced garlic
3 TBS fresh lime juice
1 red bell pepper, diced
1 can black beans, rinsed and drained
1 cup cooked corn
¾ cup chopped cilantro

Toss sweet potatoes and onions with olive oil. Sprinkle with salt and pepper and place in one layer on a parchment lined baking sheet. Place in a non-prej=heated oven, then turn oven on to 450 degrees. Bake 30 minutes or until potatoes are soft. Add all other ingredients to a bowl, add potato mixture, toss, taste, serve...oh yummo! Great hot or cold!

Moroccan- Spiced Sweet Potato and Chickpea Stew

(Serves 6)

Ras el Hanout spice mix

1 1/2 TBS ground cumin
¾ tablespoon coriander
¾ tablespoon ground ginger
2 teaspoons cinnamon
2 teaspoons turmeric
1 teaspoon crushed red chili peppers

Mix all of the spices together. You will need only 2 TBS for this recipe. Store the rest in an airtight container for up to a year.

For the Stew

2 TBS olive oil
1 large onion, diced
3 TBS freshly grated ginger
2 TBS ras el hanout
4 or 5 medium carrots, sliced
1 medium parsnip, diced
2 medium sweet potatoes, peeled and cubed
2 roasted red peppers, diced

1 TBS grated lemon zest
½ cup dried apricots, roughly chopped
4 cups vegetable broth
15 ounce can chickpeas, rinsed and drained
6 – 8 cups baby kale or baby spinach
Lemon wedges to garnish (optional)
Sliced jalapeno pepper to garnish (optional)
Chopped parsley to garnish (optional)
Vegan or regular yogurt to garnish (optional)

Sauté onions in olive oil until translucent. Add ginger and ras el hanout. Sauté for a minute. Add carrots, parsnips, sweet potato, peppers, lemon zest, apricots, broth and stir well. Turn heat to medium and cover. Cook for 10 minutes and add chickpeas. Cook another 10 – 15 minutes until carrots, parsnip, and sweet potato begin to soften. Gently stir in the spinach or kale until wilted. Serve in bowls with optional toppings: lemon wedges, cilantro, yogurt, sliced jalapeno....YUM! You could cook rice or cous cous to sop up the delicious sauce.

Vegan Peanut and Sweet Potato Stew (serves 4)

1 TBS olive oil
8 cloves garlic
1 TBS grated ginger
1 sweet potato, diced
1 large onion, diced
1 teaspoon cumin
¼ teaspoon crushed red pepper flakes
6 ounce can tomato paste
½ cup peanut butter
6 cups vegetable stock
6 cups chopped collard greens or spinach

Optional Garnishes

Cilantro, brown rice, cous cous, white rice, chopped peanuts

Grate the ginger, finely chop garlic. Heat olive oil, place onion in pan with ginger and garlic. Cook until translucent. Add sweet potato, cumin, and pepper flakes and continue to sauté for 5 minutes. Add tomato paste, peanut butter, and stock. Stir until peanut butter and tomato paste have dissolved into the broth. Cover and bring to a simmer. Cook about 20 minutes. Once potatoes are cooked, add spinach or collard greens. Cook until just wilted. Mash the potatoes in the pot to thicken to sauce. Taste for salt and pepper. Serve with some rice and tasty garnishes.

Roasted Sweet Potatoes with Avocado Mash, and Chimichurri (serves 2)

2 sweet potatoes
Olive oil
Salt & pepper

Chimichirri

1 cup chopped parsley
1 cup chopped cilantro
1/3 cup finely minced red onion
8 cloves finely minced garlic
½ of a jalapeno pepper, seeded
½ teaspoon kosher salt
½ cup extra virgin olive oil
3 Tablespoons red wine vinegar

Avocado Mash

1 avocado
Juice of ½ lime
Drizzle of extra virgin olive oil
Salt & pepper to taste

It is nice to make the chimichirri a day or so ahead to let the flavors mature. Finely chop up parsley, cilantro, onion, garlic, jalapeno and add them to a bowl. Add remaining ingredients. Cover and allow to sit for at least 30 minutes.

Place sweet potatoes in a pot of cold, salted water. Bring up to a boil and cook for 15 minutes. While this is happening, preheat a 450 degree oven. Drain potatoes. Place on a sheet pan and with the flat end of a chef's knife, press down on the potato to break the skin. Rub with olive oil and salt and pepper. Roast in the oven for 15 to 20 minutes until skins become brown and charred.

While the potatoes are boiling and roasting make the avocado mash by smashing avocado with your hand or a fork, adding the remaining ingredients, and setting aside.

Assemble the Dish with Grilled Flank Steak or Roasted Chicken

Place the potatoes on plates, add a scoop of the avocado mash, and a drizzle of chimichirri over all. Add greens if desired. Some grilled steak or chicken with a nice blackened rub (recipe below) or even poached eggs compliment this nicely. Indulge.

Sweet Potato Brownies...You're Welcome

(serves 8 – 12 depending upon how much raw batter you consume)

So rich...so decadent...nobody will ever guess the secret ingredient!
Vegan recipe!

¾ cup pureed sweet potatoes
1 cup almond butter
2/3 cup granulated sugar
1 teaspoon vanilla extract
¼ cup plus 2 TBS all-purpose flour
¼ cup plus 2 TBS cocoa powder
1 ½ teaspoons baking soda
1/8 teaspoon kosher salt
½ cup mini chocolate chips for topping

Preheat oven to 325 degrees. Line an 8" cake pan (round or square) with parchment and spray the pan. In a mixer, add sweet potato, almond butter, and vanilla. Mix well. Add granulated sugar and beat at medium speed. In a bowl, sift flour, cocoa, baking soda and salt. Slowly add to the wet ingredients. Mix until incorporated. Turn the batter into the prepared pan without eating too much of it. Spread evenly. Sprinkle with mini chocolate chips. Bake for 20 minutes. Let cool. This is very soft and might look underdone. You can chill it a little before taking it out of the pan. This is a heavenly recipe. Very rich but begs for a side of ice cream or whipped cream.

BONUS RECIPE

Blackened Rub in the Manner of Paul Prudhomme

1 Tablespoon paprika
2 ½ teaspoon kosher salt
1 teaspoon onion powder
1 teaspoon granulated garlic powder
1 teaspoon cayenne pepper
¾ teaspoon white pepper
¾ teaspoon black pepper
½ teaspoon dried thyme leaves
½ teaspoon dried oregano leaves

Mixed all together. This rub is delicious on fish, chicken, steak, lamb, or pork