



# SWEET POTATO RECIPES

Our sweet potatoes and sweet onions can be used in nearly any recipe, but here are a few of our favorites at Bland Farms.



## SWEET POTATO BISCUITS WITH SWEET ONION AND ORANGE MARMALADE

### Ingredients:

#### Marmalade:

- 2 cups orange juice with no pulp
- 2 sweet onions, peeled and thinly sliced
- 1 cup granulated sugar
- $\frac{1}{2}$  tsp. salt
- $\frac{1}{4}$  tsp. white pepper

#### Biscuits:

- 3 large sweet potatoes, peeled
- $1\frac{1}{2}$  cups all-purpose flour
- 1 tbsp. light brown sugar
- 4 tsp. baking powder
- $\frac{1}{2}$  tsp. salt
- $\frac{1}{4}$  cup ( $\frac{1}{2}$  stick) cold butter
- 1 to 2 tbsp. milk
- $\frac{1}{4}$  cup melted butter, for brushing

### Directions:

1. For the marmalade: In a medium saucepan combine orange juice, sugar and onions. Simmer over medium heat 20 minutes or until slightly reduced and thickened, stirring often. Season with salt and pepper. Remove from heat. Refrigerate until cool.

2. For the biscuits: Bring a large pot of water to boiling. Add sweet potatoes; boil until knife-tender. Drain and let cool. In a food processor; process until smooth. Set aside.
3. Meanwhile, preheat oven to 400° F. In a large bowl sift together flour, brown sugar, baking powder and salt. Cut in cold butter. Gently mix in 1 cup of the sweet potato puree. Add milk 1 tablespoon at a time, mixing until soft dough forms.
4. Place dough on a floured board or surface. Knead gently until dough is smooth. Roll dough out to 1-inch thick and cut with a biscuit cutter. Place biscuits on a lightly greased baking sheet.
5. Bake 12 to 15 minutes or until golden brown. Remove from oven and brush biscuits with melted butter.

Makes 6 biscuits

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## SWEET POTATO SOUP AND MARINATED SWEET ONIONS

### Ingredients:

#### Marinated onions:

- ½ cup apple cider vinegar
- 1 tbs. sugar
- ⅛ tsp. cinnamon
- ⅛ tsp. nutmeg
- 1 sweet onion, peeled and sliced in ½-inch rings

#### Soup:

- 2 celery stalks, finely diced
- ½ sweet onion, finely diced
- 1 tsp. olive oil
- 3 large sweet potatoes, peeled and diced
- 2 qts. chicken or vegetable broth
- 1 tsp. salt
- ½ tsp. white pepper
- ¼ tsp. allspice
- 2 cups heavy cream

### Directions:

1. For the marinated onions: In a bowl combine vinegar, sugar, cinnamon and nutmeg. Stir in onions. Cover and refrigerate at least 1 hour.
2. For the soup: In a large pot sauté celery and onion in oil over medium-high heat. Add sweet potatoes and broth. Bring to boiling. Reduce heat; simmer 20 minutes or until potatoes are tender. Season with salt, pepper and allspice. Stir in cream.
3. Working in batches, ladle soup into a blender or food processor. Blend until smooth and transfer to a clean pot. Or, use an immersion blender to blend soup in pot until smooth. Adjust seasonings to taste.
4. To serve, ladle soup into soup bowls and top with marinated onions.

Makes 4 to 6 servings

## SWEET POTATO PIE WITH CINNAMON AND VANILLA WHIPPED CREAM

### Ingredients:

#### Pie:

- 8 oz. cream cheese, softened
- ½ cup light brown sugar
- ¼ cup granulated sugar
- 1 cup mashed sweet potato
- ½ tsp. ground cinnamon
- ⅛ tsp. ground nutmeg
- ¼ tsp. salt
- 3 large eggs
- 1 tsp. vanilla extract
- 1 (9 inch) pie crust

#### Whipped Cream:

- 2 cups fresh heavy whipping cream
- ½ tsp. vanilla extract
- ¼ tsp. ground cinnamon
- ¼ cup powdered sugar

### Directions:

1. Preheat oven to 375 °F. In a mixing bowl beat cream cheese on medium speed. Add both sugars; mix on medium speed 1 minute. Add mashed sweet potato, cinnamon, nutmeg, salt and vanilla; mix to combine, scraping down sides of bowl occasionally.
2. Reduce mixer speed to low. Add eggs, one at a time until they are incorporated thoroughly. Spoon filling into pie crust.
3. Bake 35 to 40 minutes or until pie filling is firm to the touch. Let cool before serving.
4. Meanwhile, for the whipped cream: Pour cream into a large mixing bowl. Beat on high speed until soft peaks form. Add vanilla and cinnamon; beat to firm peaks. Gently fold in powder sugar.
5. Slice pie and serve with whipped cream.

Makes 6 to 8 servings