

Whipped Sweet Potatoes with Coconut Milk and Vanilla Bean Paste

by Lynn's Recipes



Lynn demonstrates a delicious way to make sweet potatoes that would make a perfect Thanksgiving side dish. From thekitchn.com.

Serves 4

Ingredients:

- 4-5 medium sweet potatoes, about 2 to 2-1/2 pounds
- ½ cup coconut milk (or whole milk or cream)
- 2-3 Tablespoons packed brown sugar, to taste
- 2 Tablespoons unsalted butter
- 1-1/2 teaspoons vanilla bean paste (or pure vanilla extract)
- Ground cinnamon, to taste
- Kosher salt, to taste

Preheat oven to 425°. Line a baking sheet with aluminum foil.

Pierce the sweet potatoes a few times with a sharp knife. Place them on the prepared baking sheet and cook until tender and a knife easily pricks through. Remove from the oven and rest until cool enough to handle.

Remove the potatoes from the skins and push through a potato ricer into a mixing bowl, or run through a food mill if you do not have a ricer. Alternatively, you could use a potato masher or mixer, but the texture may be a little different.

Meanwhile, combine coconut milk, brown sugar, vanilla bean paste, butter, a few dashes of

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cinnamon, and a generous pinch of salt in a saucepan and cook over medium heat until the butter is melted and sugar dissolved. Reduce the heat to low and keep warm.

Add the warmed milk mixture, a few tablespoons at a time, into the potatoes, and beat with an electric mixer on high speed until smooth and fluffy. (You may not use all of the milk mixture.)

Taste and adjust seasonings, adding more sugar, cinnamon, or salt, to taste. Serve immediately. Garnish with chopped parsley or coconut flakes, if desired.

To reheat (or keep warm), place the bowl of potatoes over a bowl of simmering water, stirring occasionally.

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