

## **Bourbon Smashed Sweet Potatoes** *from Urban Sacred Garden*



These tasty sweet potatoes were a big hit at my dinner table last week. Everything was good, but these sweets were something special. The greatest thing is this is one of the easiest, most low maintenance side dishes you can make. It is a perfect addition to your holiday table. Yield: About 6 Servings

### **INGREDIENTS:**

1.5 Lbs. Sweet Potatoes, thoroughly scrubbed, about 30% de-skinned removing roughest spots (70% skin on), and cut into cubes  
2 Tbsp Olive Oil  
1/4 Cup Local Honey  
Freshly Ground Sea Salt  
Freshly Ground Black Pepper  
1/4 Cup (1/2 Stick) Butter, cut into small pieces  
1/8 Cup Bourbon of Choice (I recommend a Honey Bourbon for sweeter potatoes, or a straight Bourbon for strength of flavor)

### ***DIRECTIONS***

1. Preheat oven to 375 degrees. In a large roasting pan combine Sweet Potatoes, Olive Oil, Honey, Salt and Pepper. Toss together, ensuring Sweet Potatoes are thoroughly coated. Sprinkle butter pieces evenly over the top.
2. Place potatoes in the oven and roast for about 45 minutes or until soft when pierced with a fork. Stir potatoes one or two times during cooking to ensure even cooking and prevent drying of any pieces.
3. Remove pan from oven. Pour Bourbon over potatoes and scrape sides and bottom with a wooden spatula to deglaze the pan. Allow to sit for a couple of minutes. Use a wooden spoon or other implement to roughly mash potatoes and ingredients together into lumpy deliciousness.
4. Serve warm and fresh. Add a little extra Butter on top for additional decadence if desired. Enjoy!