

Pressure Cooker Sweet Potatoes

Jacob · 28/09/2024



Prep Time

3 mins

Difficult

Medium

Servings

30 mins

Description

Sweet potatoes are cooked in the pressure cooker and topped with an orangebrown sugar glaze I love these with roasted or grilled chicken and Southernstyle green beans

Ingredients

- - 2 large sweet potatoes
- peeled - $\frac{1}{4}$ teaspoon salt
- or to taste - $\frac{1}{2}$ cup dark brown sugar - $\frac{1}{2}$ teaspoon ground cinnamon - $\frac{1}{4}$ teaspoon ground nutmeg - 1 cup orange juice - 2 tablespoons unsalted butter
- cut into pieces

Instructions

1. Cut sweet potatoes in half
2. lengthwise
3. then into 1/4-inch slices; place into a pressure cooker steamer basket. Sprinkle with salt. Combine brown sugar
4. cinnamon
5. and nutmeg in a small bowl. Add orange juice to the cooker (see Editor's Note
6. below). Place the trivet and steamer basket with sweet potatoes into the pot. Sprinkle with brown sugar mixture; dot with butter pieces. Lock the lid into place and bring the cooker up to full pressure (15 pounds per square inch) over high heat according to manufacturer's instructions. Once pressure reached
7. reduce heat to low; cook 7 minutes Quickly release pressure according to manufacturer's instructions. Reserve cooking liquid. Remove steamer basket from cooker; carefully place sweet potatoes in a serving dish. Return cooker to stovetop; bring cooking liquid to a boil over high heat. Reduce the heat to medium; simmer
8. stirring frequently
9. until cooking liquid reduced
10. syrupy
11. and coats the back of a spoon
12. 5 to 7 minutes. Pour syrup over sweet potatoes; serve. Editor's Note: Follow the manufacturer's instructions and use the correct amount of liquid specified for your pressure cooker. For example
13. if the cooker requires a minimum of 2 cups of liquid
14. use 1 cup orange juice and 1 cup water. The extra cooking liquid will be reduced into a sauce on the stovetop after the sweet potatoes are done.