



Curried Sweet Potato Mash

Savannah · 29/09/2024



Prep Time

25 mins

Difficult

Medium

Servings

6

Description

Sweet potatoes get spiced up These mashed potatoes are absolutely wonderful with added ginger roasted garlic caramelized onions coconut oil and a dash of turmeric and curry No sugar or salt is needed for these wonderful root vegetables Creme fraicircche adds a creamy texture and offsets the textures of the onions and garlic I have never had this dish anywhere but at home as my own creation because I am always looking for ways to incorporate ginger curry and turmeric into my diet I love all of the ingredients

Ingredients

- - 2 tablespoons unsalted butter - 1 teaspoon olive oil - 1 large yellow onion
- thinly sliced - 1 tablespoon garlic
- minced - 6 medium sweet potatoes - 1 tablespoon coconut oil - 1 tablespoon crushed fresh ginger root - 1 tablespoon creme fraiche - ? teaspoon curry powder - ? teaspoon ground turmeric - ? teaspoon ground black pepper

Instructions

1. Heat butter and olive oil in a skillet over medium heat; stir in onion and garlic. Reduce heat to low and saute until onions are soft and clear but not toasted
2. 10 to 15 minutes. Pierce potatoes with a fork. Microwave 3 at a time on high power until tender
3. but not overdone
4. 5 to 6 minutes. Mash and mix sweet potatoes with onion-garlic mixture
5. ginger
6. creme fraiche
7. curry powder
8. turmeric
9. and pepper until well combined. Cook's Notes: You can use white or black pepper in this. Milk can be substituted for the creme fraîche
10. and olive oil or butter can be substituted for coconut oil. This will also result in a wetter mixture
11. so be mindful and add liquids a bit at a time to control the texture you wish to create. Ginger pulp can be purchased in pulp form in a squeezable tube at some places
12. or you can just peel it with the side of a teaspoon and grate it on a cheese grater. Sweet potatoes can be baked ahead of time in a 400 degrees F (200 degrees C) oven for 35 to 45 minutes on the center rack. Cold sweet potatoes can be reheated in the microwave for 10 minutes or in the oven at 350 degrees F (175 degrees C) for 30 minutes
13. each method in a covered glass dish with glass lid.