



Wolf Pine Farm

Community Supported Agriculture

Sweet Potato Cornbread

A favorite recipe that our friend and coworker Su can be counted on to make for a fall farm dinner... or at any time of year. Serves 6-8.

Ingredients:

12 oz. of sweet potatoes (peeled & cut)
¾ cup cornmeal
2 Tbs. flour (gluten free works too)
1 Tbs baking powder
¾ tsp salt
½ tsp baking soda
¼ tsp ground allspice
a pinch of black pepper
1 beaten egg
¾ cup buttermilk (If you don't have buttermilk, you can substitute 2 ¼ teaspoons of apple cider vinegar plus enough milk to fill to the ¾ cup mark.)
3 Tbs butter (for the pan)

Instructions:

Preheat the oven to 400°F. Use a 9" square pan.

Boil or steam the peeled and cut sweet potatoes for 15-20 minutes. Mash and set aside to cool.

In a separate bowl, sift together the cornmeal, flour, baking powder, salt, baking soda, ground allspice, and the pinch of black pepper.

Add the egg and buttermilk to the sweet potato.

Heat butter in the baking pan in the oven until it sizzles, but don't let it brown. Pour the butter into sweet potato mix, leaving a coating on the pan.

Quickly add dry ingredients into the wet and stir until blended. Pour batter into the buttered pan.

Bake until golden — 25 minutes.

Serve warm.