



Sweet Potato Soufflé

Serves 10-12

Ingredients

8 Large Sweet Potatoes, cooked*
1 cup Sugar (I use Turbinado)
1/2 cup Light Brown Sugar
2/3 cup Heavy Whipping Cream*
2 teasp. Vanilla Extract
2 teasp. Cinnamon, ground
4 Eggs*

Topping

3 cups chopped Pecans
1 1/2 cups Light Brown Sugar
1 cup melted butter, salted
3/4 cup all purpose flour

Preparation

Cook your sweet potatoes using your preferred method, boil or bake. Once cooked and tender, place the sweets in a large mixing bowl. Using a potato masher, mash up the potatoes. Allow them to cool until lukewarm.

*Boil - *The original recipe calls for peeling, chopping and boiling the sweet potatoes until tender. Drain off the water and place in a large mixing bowl. That is how it has always been done in our family.*

Bake - To save time you can bake them. Leave the peel on, wash each potato and bake for an hour. I let cool about 15 minutes and then I easily pulled off the skin.

Preheat oven to 375 degrees.

While the potatoes cool, make the topping. Place the pecans, brown sugar and flour in a mixing bowl. Pour half of the melted butter into the bowl and blend. Add remaining butter and blend thoroughly. Set aside.

Place the sugars, heavy cream, vanilla and cinnamon to the mashed sweets. **If you baked add an extra 1/3 cup heavy cream and one more egg.**

Using a mixer on a modest speed to fully blended. Turn mixer on high and whip for an additional 2-3 minutes to cream and removed most chunks. Scrape down the sides as needed.

Using a large 5-quart casserole/lasagna pan (10x14), spray a thin coating of butter cooking spray into the pan. Fill the pan with the blended sweet potato. Spread evenly. Top with the pecan mixture.

Bake for 1 hour or until the center is at same relative height as the edges and the topping is browned.

Allow to cool for 10 minutes to allow to set. The first serving will be messy but if you use a spatula you can serve in squares.

About the cooking method

There is a big difference in how the dish will turn out. I will give you the adjustments I had to make because of the difference in moisture content in the sweets after cooking. Boiled will be in black. **Baked will be in red.**

Boiling the potatoes adds in moisture from the water. So the soufflé is lighter in taste and texture. **Baking the potatoes cooks out moisture. So the soufflé is more dense in texture and concentrated in taste like a casserole.**