

SWEET POTATOES & MACADAMIAS

Sarasota Paper

comments

People with whom I've shared this have literally thrown away all other recipes for sweet potatoes. This is truly wonderful.

notes

It can be made ahead and frozen.

Serves 4-6

Ingredients

prepare in advance

Measure

1/2 C half-and-half
1/3 C macadamia nuts
1/4 lb. unsalted butter
2 T honey

Clean, prick on top

3 large, same-sized sweet potatoes

Split open

1 vanilla bean

complete recipe

Heat oven to 350 degrees.

Place potatoes on a layer of foil and roast until soft.

Peel and cube, or mash, whichever you prefer.

While potatoes are baking, chop, then toast the macadamia nuts in the oven.

While potatoes are baking, simmer until fragrant the vanilla bean in the half and half. Remove and discard the bean.

Stir the half-and-half into the potatoes while they are hot; add the macadamia nuts, with the butter and honey.

Mix well and serve while hot, or refrigerate and warm up in microwave when needed.