

CANDIED YAMS

Ingredients

1. 3 lbs. Sweet Potatoes
2. 1 cup Sugar
3. 1/2 cup Water
4. 1/2 tsp. Ground Nutmeg
5. 1/8 tsp. Ground Cloves (optional)
6. 1/4 tsp. Cinnamon
7. 1 tblsp. Corn Starch
8. 1/4 Stick Butter

Instructions

1. Parboil Sweet Potatoes for easy peeling and slicing, do not cook until potatoes are soft, done but still slightly firm; large potatoes work best for this.
2. Cool the potatoes by pouring cold water over them if time is not allowed to cool normally.
3. I sometimes do the first step the night before; I let the potatoes boil slightly, turn them off and leave them in the water. It is easy to overcook the smaller potatoes.
4. Peel and slice the potatoes and line them up in a baking pan.
5. The sauce should be made before slicing the potatoes. Make a sauce of the remaining ingredients by placing in a sauce pot.
6. Bring to a slight boil and pour over the potatoes,
7. Bake uncovered in a 375 degree oven for approximately one hour, or until top potatoes brown on the edges.