



Noreen's Kitchen

Savory Sweet Potato Spoonbread

Ingredients

3 large sweet potatoes, baked & peeled	1/4 teaspoon ground nutmeg
1 1/2 cups whole milk	1/4 teaspoon allspice
1 1/2 cups Swanson's Chicken Stock	1 teaspoon salt
1/4 cup butter	4 eggs
1/4 cup corn meal	1/2 cup all purpose flour
1 teaspoon poultry seasoning	1/4 cup maple syrup
2 teaspoons ground cinnamon	1 cup heavy cream

Step by Step Instructions

Preheat oven to 350 degrees.

Prepare a 9 x 13 inch baking dish with cooking oil spray.

Combine milk, chicken stock, butter, corn meal and maple syrup in a large saucepan.

Cook over medium high heat, stirring constantly until the mixture thickens and the liquid is absorbed. It will look like cooked grits or farina.

When corn meal mixture is finished cooking, remove from heat and add spices and stir well to combine.

Cut sweet potatoes up into manageable pieces and add to the corn meal mixture.

Blend using a hand mixer or heavy whisk or potato masher.

Add flour and heavy cream and eggs. Blend well until mixture is combined and smooth.

Pour mixture into prepared baking dish.

Bake for 45 minutes or until golden brown and ever so slightly jiggly when you shake it.

Remove from oven and allow to cool for 10 minutes before serving warm.

This makes an excellent alternative to sweet potato casserole that everyone knows and loves. This adds a touch of southern elegance to your holiday table.

Leftovers can be cut into pieces when cold and lightly pan fried in butter, like a polenta cake.

Enjoy!