

OVERALL GRAND PRIZE
Baked Sweet Potatoes with
Banana-Cranberry Chutney

Carole Resnick

MAKES 4 TO 6 SERVINGS.

3 cans cut Louisiana sweet potatoes
(15 ounces each), drained
1/3 cup plus 1 tablespoon unsalted butter, in all
1/3 cup packed brown sugar
4 tablespoons rice vinegar, in all
3 tablespoons fresh orange juice
2 tablespoons finely diced red onion
2 tablespoons packed light brown sugar
1/8 teaspoon ground nutmeg
1/8 teaspoon ground cloves
2 tablespoons vegetable or canola oil
1 large ripe banana, peeled and cut into
1/2-inch cubes
3 tablespoons dried cranberries
1 large orange, peeled and separated into
sections, halved
Orange slices for garnish (optional)
Dried cranberries for garnish (optional)

Preheat oven to 350°F. In a 2-quart buttered casserole, combine the sweet potatoes, 1/3 cup butter and brown sugar. Stir until well mixed. Bake until heated through, about 10 to 15 minutes. In a small bowl combine 3 tablespoons vinegar, juice, onion, light brown sugar, nutmeg and cloves. Mix well and set aside.

Heat oil in a small, nonstick skillet, until hot but not smoking. Add banana, cover and cook until golden brown (stirring often), about 3 to 4 minutes. Add 1 tablespoon vinegar, cover and cook until liquid is almost absorbed, about 2 to 3 minutes. Stir in juice mixture and cook, over medium heat, until mixture begins to thicken, about 3 to 4 minutes. Stir in 1 tablespoon butter, cranberries and orange sections. Mound cooked potatoes in the center of a serving platter. Top with chutney. If desired, garnish platter with orange slices and/or cranberries. Serve immediately.

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Desserts - First Place
Sweet Potato Crêpes with
Warm Honey-Praline Sauce
and Brown Sugar 'n Spice

Whipped Cream

Lorie Roach

(Hint: For a beautiful presentation, criss-cross 2 cinnamon sticks on top of whipped cream.)

MAKES 10 TO 12 SERVINGS.

Brown Sugar 'n Spice Whipped Cream:

2 cups heavy cream, well-chilled
3/4 cup light brown sugar
3/4 teaspoon ground cinnamon
3/4 teaspoon ground nutmeg

Honey-Praline Sauce:

3/4 cup butter
1 1/3 cups light brown sugar
1 cup heavy cream
2 tablespoons honey
1/2 cup powdered sugar
1 teaspoon vanilla
1 cup chopped toasted pecans

Sweet Potato Filling:

2 packages cream cheese (8 ounces each)
1 cup light brown sugar
1 teaspoon vanilla
1 teaspoon ground cinnamon
1 teaspoon ground nutmeg
1 can cut Louisiana sweet potatoes in
syrup (15 ounces), drained

Crêpes:

1 cup all-purpose flour
1/4 teaspoon salt
1 1/2 cups milk
2 beaten eggs
1 tablespoon melted butter
2 tablespoons light brown sugar
1 teaspoon vanilla
Nonstick cooking spray

Beat together all ingredients for whipped cream until soft peaks form. Refrigerate until needed. In a small, heavy saucepan, combine 3/4 cup butter and next 3 ingredients for honey-praline sauce over medium heat until well combined. Bring to a boil and let cook for 1 minute, stirring constantly. Remove from heat and whisk in powdered sugar and vanilla. Stir in toasted pecans. Set aside and let cool for about 20 to 25 minutes. Sauce will thicken as it cools.

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Continued -
Sweet Potato Crêpes with
Warm Honey-Praline Sauce
and Brown Sugar 'n Spice
Whipped Cream

For the sweet potato filling, beat together cream cheese and 1 cup brown sugar with electric hand mixer until smooth. Mix in next 3 ingredients. Mix in sweet potatoes until well blended. Set aside.

Stir together the first 3 ingredients for crêpes with hand mixer until smooth. Add eggs, beating well. Stir in butter, brown sugar and vanilla. Coat bottom of 8-inch nonstick skillet with nonstick spray and heat pan over medium heat until hot. Pour about 1/4 cup crêpe batter into skillet, then immediately tilt pan to coat bottom evenly. Cook for about 1 minute or until bottom is lightly browned. Flip and cook for about 15 to 20 seconds longer. Transfer to a platter and repeat with remaining batter, spraying skillet several more times with spray. Place wax paper sheets in between each crêpe to prevent sticking.

To assemble crêpes, spoon about 1/3 cup sweet potato filling in center of each crêpe. Roll up and place in 11 x 15-inch glass pan. Place in oven at 300°F for 10 minutes or until just warm. Or, heat filled crêpes 1 at a time in microwave on low for about 30 seconds or until just warm. To serve, place one filled crêpe on plate and top with warm honey-praline sauce that has been stirred to evenly distribute pecans. Sauce should still be warm, but if it isn't, heat on low heat just until warm, not hot. Top each crêpe with brown sugar 'n spice whipped cream.

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Sides – First Place
Down Home Yam Soufflé

Mary Ann Lee

MAKES 6 SERVINGS.

1 can cut Louisiana yams (29 ounces),
drained and mashed
2 eggs, beaten
1/2 cup sugar
1/2 teaspoon ground ginger
1/2 teaspoon grated fresh nutmeg
Salt, to taste
1/2 cup coconut milk
8 tablespoons butter (1 stick), melted
1 teaspoon vanilla extract

Topping:

1/4 cup brown sugar
2 tablespoons flour
2 tablespoons butter, melted
1/2 cup lightly packed, shredded
sweetened coconut, rough chopped

Preheat oven to 350° F. Butter six 1-cup individual soufflé cups. In medium bowl, combine yams, eggs, sugar, ginger, nutmeg, salt, coconut milk, butter and vanilla with electric mixer on low speed 2 minutes until smooth. Pour into prepared soufflé cups. In separate bowl, combine all topping ingredients and sprinkle mixture over cups. Place cups on shallow baking pan (for ease of carrying). Bake 30 to 35 minutes until nicely browned and done.

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Soups – First Place
Southwestern Yam Bisque

Stephanie Edwards

MAKES 5 SERVINGS (1 CUP EACH).

1 1/2 pounds yams (sweet potatoes), large dice
1/2 pound yams, small dice
3/4 cup sweet kernel corn
3/4 cup black beans
2 cups blanched broccoli heads, small dice
1 pint whipping cream
1 cup spinach, chiffonade-cut, blanched
1/2 to 1 1/2 cups, chicken or vegetable
stock (optional)
Mixture of Cheddar and Monterey
Jack cheeses

Bring a pot of water to a rapid boil. Add large-diced yams. In a separate pot, bring water to a boil and cook small-diced yams just until tender, then drain and set aside for later use. In a saucepan, combine corn and black beans. Cook until tender. When large-diced yams are soft, remove from heat and drain. Slowly add 1 pint whipping cream as you mash the yams. Return mashed yams to the stovetop. Add in corn and bean mixture, broccoli, and spinach. Let simmer for 30 minutes. Chicken or vegetable stock can be added for desired consistency. Top with small-diced yams and cheese before serving.

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Breads and Breakfast – First Place
**Pineapple Sweet
Potato Muffins**

Karen Gulkin

MAKES 14 TO 16 SERVINGS.

1 cup cut or whole canned Louisiana yams, puréed
1 can crushed pineapple (8 ounces),
drained
1 teaspoon orange zest
2 eggs
2/3 cup sugar
1/2 cup walnuts, chopped
2 cups all-purpose flour
1 tablespoon baking powder
1 teaspoon baking soda
1/2 teaspoon salt

Preheat oven to 375°F. In a medium bowl combine sweet potatoes, pineapple, orange zest, eggs and sugar. Stir until well combined. Stir in walnuts. In a large bowl combine flour, powder, soda and salt. Pour wet ingredients over dry ingredients and fold until dry ingredients are just moistened. Do not over mix. Spray muffin tins with nonstick cooking spray. Spoon about 1/4 cup batter into each cup. If there is not enough batter to fill the tins, put a small amount of water in the empty ones. Bake for 16 to 20 minutes.

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