

*Sweet Potato Recipe Contest*

• Overall Grand Prize •

### **Caribbean Sweet Potato Cups with Poached Eggs and Mango Hollandaise**

*Veronica Callaghan  
Glastonbury, CT*

**MAKES 6 SERVINGS.**

**Non-stick cooking spray**  
**2 (15-ounce) cans Louisiana cut yams, drained**  
**1/2 cup orange juice**  
**2 tablespoons brown sugar**  
**1/8 teaspoon cayenne pepper**  
**1/2 teaspoon salt**  
**2 egg whites, lightly beaten**  
**1/3 cup diced roasted red peppers**  
**1 tablespoon finely chopped chives**  
**6 whole eggs, poached**  
**Mango Hollandaise (recipe follows)**  
**2 tablespoons finely chopped cilantro (optional)**

Preheat oven to 425°F. Spray a 6-cup muffin tin with cooking spray. In a medium-sized bowl, combine yams, orange juice, brown sugar, cayenne pepper, salt and egg whites. Mash until smooth. Stir in the roasted red peppers and chives. Spoon the potato mixture into the prepared muffin tin. Bake for 10 to 12 minutes, or until lightly browned.

Carefully remove sweet potato cups from muffin tin and arrange each one on a serving plate. Top each with a poached egg and spoon a generous portion of mango hollandaise over. Garnish with chopped cilantro, if desired.

#### **Mango Hollandaise:**

**3 egg yolks**  
**1 tablespoon lime juice**  
**1 teaspoon Louisiana hot sauce**  
**1/2 cup butter, melted**  
**1 mango, peeled, diced and puréed**  
**1/4 teaspoon salt**

In a blender, combine egg yolks, lime juice and hot sauce. Blend for 30 seconds. With the blender still running, pour the melted butter in slowly, and continue to blend until emulsified. Fold in the puréed mango and the salt.

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Sweet Potato Recipe Contest

• Dessert Winner •

**Malaysian Mojito Sweet Potato Sorbet  
with Gingered Fruit Salsa**

Mary Louise Lever  
Rome, GA

*For a decorative entertaining touch, serve this dish in martini glasses or other stemmed goblets. It makes a wonderful presentation!*

**MAKES 8 TO 10 SERVINGS.**

1 (6-ounce) can frozen limeade concentrate, in all  
1 (29-ounce) can Louisiana sweet potato pie filling  
1 (15-ounce) can cream of coconut  
3 tablespoons rum  
3 tablespoons chopped fresh mint leaves  
3 tablespoons candied ginger, chopped  
1 cup fresh pineapple chunks, chopped  
1 cup fresh blueberries  
1 tablespoon thinly sliced fresh mint leaves  
Mint sprigs, for garnish

Measure 2 tablespoons of limeade concentrate and set aside. Combine the pie filling, cream of coconut, rum and limeade concentrate (except the 2 reserved tablespoons) in a large bowl. Stir in chopped mint leaves. Transfer to an ice cream maker and freeze according to manufacturer's directions. Or, pour mixture into a large shallow tray and freeze until firm. Break into small chunks and process in food processor until light and fluffy. Return to freezer if necessary.

To make salsa, combine the reserved 2 tablespoons limeade concentrate with the candied ginger, pineapple and blueberries in a bowl, tossing gently. Stir in thinly sliced mint. Cover and chill until ready to use.

Serve sorbet topped with salsa and garnished with mint sprigs.

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Sweet Potato Recipe Contest

• Sides Winner •

**Sweet Potato Bistro Bruschetta**

Devon Delaney  
Princeton, NJ

**MAKES 6 TO 8 SERVINGS.**

1/4 cup chopped walnuts  
4 slices prosciutto  
1 (16-ounce) can Louisiana sweet potatoes, drained and finely chopped  
2 cups fresh arugula leaves  
1/4 cup (2 ounces) crumbled blue cheese  
1 Bartlett pear, cored and thinly sliced  
2 tablespoons red wine vinegar  
2 tablespoons extra virgin olive oil  
1 tablespoon chutney  
1 tablespoon fresh or 1/2 teaspoon dried tarragon  
1 teaspoon Dijon mustard  
1 large French bread baguette, cut into 1-inch slices and toasted

Place walnuts in a small skillet; cook over medium-high heat 3 minutes or until lightly browned, shaking pan frequently. Remove from heat; set aside.

Brown prosciutto over medium-high heat until crisp. Cool and crumble; set aside.

Combine sweet potatoes, arugula, blue cheese and pear slices in a large bowl. In a small bowl, combine vinegar, oil, chutney, tarragon and mustard. Whisk until emulsified. Drizzle over sweet potato mixture; toss gently.

Spoon sweet potato mixture generously onto bread slices, top with a sprinkle of walnuts and crumbled prosciutto.

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Sweet Potato Recipe Contest

• Breads &  
Breakfast Winner •

**Spicy Caribbean Sweet Potato Quick Bread**

Helen Fields  
Springtown, TX

*This bread is great on the day it's cooked, but for best flavors, cook the day before needed and store wrapped in plastic wrap in the refrigerator for a day. Warm bread slices before serving.*

**MAKES 8 SERVINGS.**

**Non-stick cooking spray**

- 2 1/4 cups sifted all-purpose flour
- 2 1/2 teaspoons baking powder
- 1 1/2 teaspoons salt
- 1 tablespoon Caribbean jerk seasoning
- 1/4 teaspoon granulated sugar
- 2 tablespoons plus 1/3 cup cooking oil, in all
- 1/2 cup thinly sliced green onions, white and green parts
- 1 tablespoon freshly squeezed lime juice
- 1/2 cup light unsweetened coconut milk
- 1 egg, slightly beaten
- 1 (15.5-ounce) can Louisiana sweet potatoes

Preheat oven to 350°F. Spray a 9x5-inch glass loaf baking dish with cooking spray; set aside. In a large bowl, sift together flour, baking powder, salt, jerk seasoning and sugar until well blended.

In a large skillet, heat 2 tablespoons oil over medium heat. Cook green onions, stirring frequently, about 5 minutes or until onion is soft. Remove from heat. Add remaining 1/3 cup oil, lime juice, coconut milk and egg to skillet; stir until slightly blended. Make a well in the center of the dry ingredients and add the ingredients in the skillet all at once.

Drain sweet potatoes and mash slightly with a fork. Do not mash until smooth, just until there are no large chunks remaining. Add mashed sweet potatoes to other ingredients. Stir until just blended, being careful not to overmix.

Pour batter into prepared pan and level top with the back of a spoon. Place pan in center of oven and bake for 55 minutes to an hour, until a toothpick inserted into the center of the loaf comes out clean.

Remove from oven and cool bread in pan on a wire rack for 10 minutes. Loosen bread from sides of pan, and carefully remove. Allow bread to cool completely on wire rack before slicing.

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Sweet Potato Recipe Contest

• Soup Winner •

**Sweet Potato Gumbo with Andouille Croutons**

Jasmina Shane  
Bayside, NY

*Don't let the long list deter you from preparing this terrific soup. It goes very quickly and once simmering, there is very little else to do but inhale the aromas. Kitchen tip: Ask your kids to help chop the veggies, if they want dinner! There's practically no work after that, but to serve.*

**MAKES 6 SERVINGS.**

- 4 ounces andouille sausage, cut to 1/4-inch dice
- 1/4 cup olive oil, in all
- 1 1/2 cups chopped white onion
- 1 medium golden bell pepper, diced
- 1 medium green bell pepper, diced
- 1 jalapeño, stemmed and thinly sliced (remove seeds for a milder soup)
- 3 branches celery with 2 tablespoons leaves, thinly sliced
- 2 cloves garlic, mashed
- 1 tablespoon sweet paprika
- 1/2 teaspoon ground white pepper
- 1 teaspoon oregano, crushed
- 1/2 teaspoon ground cayenne
- Sea salt, to taste
- 1 (28-ounce) can diced tomatoes with basil
- 2 thinly sliced scallions, white and green parts
- 4 cups low-sodium chicken broth or homemade vegetable stock
- 1 bay leaf
- 2 cups water
- 1 (15-ounce) can sweet potatoes, drained
- 1 cup fresh corn, scraped from 2 cobs, or thawed frozen corn
- 2 teaspoons red wine vinegar
- 3 tablespoons chopped parsley
- File powder, as desired for serving
- Louisiana hot sauce, as desired for serving

Sauté andouille in 2 teaspoons oil in a cast iron skillet, over medium-high heat, until very crisp. Drain on paper towels and set aside.

Heat remaining oil in a large saucepan. Sauté onions, both bell peppers, jalapeño, and celery (leaves included) until softened and lightly colored, 8 to 10 minutes. Add garlic, paprika, pepper, oregano, cayenne and salt; cook 2 minutes, stirring. Add tomatoes and their juice, scallions – white part only, stock, bay leaf and water. Reduce heat and simmer, partially covered, 20 minutes. Add sweet potatoes and corn and simmer 10 to 15 minutes longer. Remove from heat and stir in vinegar. Garnish with parsley and scallion greens. Add 1 to 2 tablespoons andouille croutons to each bowl. Serve with file powder, and Louisiana style hot sauce, to taste.

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