

Sweet Potato Pie

By Danielle Moser '20, College Farm livestock apprentice (and resident foodie)



Ingredients

- 1 large sweet potato
- $\frac{2}{3}$ stick (about $\frac{1}{3}$ cup) of butter
- 2 eggs (if you prefer a more custard-y and fluffy pie, increase to 3 eggs)
- $\frac{1}{3}$ cup maple syrup (or other sweetener of choice)
- 1 teaspoon vanilla extract
- $\frac{1}{2}$ teaspoon salt
- One pie crust

Spice topping

- 1 teaspoon cinnamon
- $\frac{1}{2}$ teaspoon ground nutmeg
- $\frac{1}{4}$ teaspoon allspice
- $\frac{1}{4}$ teaspoon ground cloves

Directions

1. Preheat the oven to 425° F. Use a fork to pierce the sweet potato's skin about six times, then place the potato onto a baking sheet and roast for 45 minutes or longer (flipping the potato about halfway through), until fork tender throughout.
2. Remove the skin and mash the potato in a large bowl. Set aside to cool slightly, until still warm but not very hot. This will keep the eggs from scrambling when they are added. *(TIP: The sweet potato can be roasted and mashed several days ahead of making the pie.)*
3. In a small bowl, combine the cinnamon, nutmeg, cloves and allspice. Set aside.
4. Put the butter in a thick-bottomed saucepan and melt over medium-low heat. Add to the mashed sweet potato, and whisk them together.
5. *OPTIONAL: Increase the heat to medium and heat, watching carefully and stirring, until the butter begins to look golden brown and smells nutty and toasted. Add to the sweet potato, pouring through a strainer to catch large pieces of browned milkfats.*
6. In another bowl, beat the eggs until homogenous, then thoroughly whisk into the sweet potato and butter mixture.
7. Stir in the syrup, vanilla extract and salt. *(TIP: If you prefer having the spices incorporated into the pie, mix them in now.)*
8. Spoon the filling into the pie shell, distributing equally. Using a fine sifter, or carefully with a spoon, sift the spice mixture on top of the filling. (If there is not enough of the spice mix to do this, you can make more—just keep the same ratio).
9. Bake the pie for 10 minutes at 425 F, then lower the oven temperature to 350 F and bake for an additional 40 minutes, or until a toothpick inserted into the center of the pie comes out clean. Rotate the pie halfway through baking.
10. Rest for at least half an hour, then refrigerate until ready to serve. (The pie is also delicious at room temperature!) **Enjoy!** 🍴

Wine Pairing:

Alsation-style Pinot Gris

A slightly sweeter style of pinot gris from Alsace, France, with racy acidity and notes of stone fruit like peach and nectarine.

