

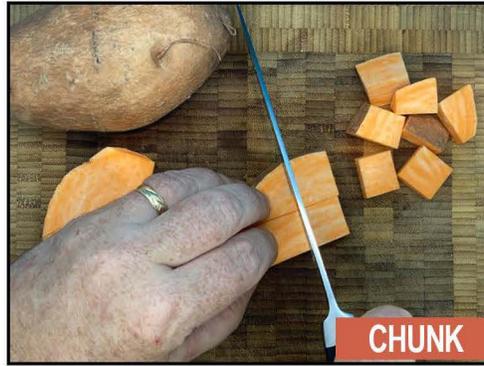
SWEET POTATOES

Sweet Potatoes are usually bright orange in color but can be found white, red, pink, violet, yellow, and even purple. It is a starchy, sweet-tasting root and the whole sweet potato is edible, including the skin. The skin of the sweet potato is very nutritious, and most of the fiber content is found in them. For baking and roasting consider leaving the skin on. If you are making a pie, soup, or sweet potato casserole, then the sweet potato should have the skin removed.



SHRED

Place a box grater on a cutting board or inside a food container. Hold sweet potato against the grater and slide up and down. Using a robo-coup or food processor with a grating blade will work as well.



CHUNK

Cut the potato length wise, in half then into quarters. Lay the strips together and then slice into the desired size chunks.

Ways to Prep Sweet Potatoes:

Safety first: Wash the sweet potato under clean water. It is a good practice to use a vegetable brush to lightly scrub.

Remember to **avoid bare hand contact** with any ready to eat food.

Use the right knife for the job: **A Chef's Knife.**

Ways to Cook Sweet Potatoes:

BOIL: Cut into chunks and place into a pot. Cover with water, lightly salt (1/2 tsp.), cover and bring to a boil. Cook for approximately 25 – 30 minutes, or until tender. This method produces a moist and soft sweet potato that can be mashed or pureed, but it does not enhance their flavor.

BAKE: Pre-heat oven to 400F. Pierce the sweet potato with a fork or paring knife, rub olive oil and salt over the sweet potatoes. Place on a lined baking sheet and cook for 45 – 50 minutes, or until tender. Another option would be to peel the sweet potato then cut into 1/2" cubes, toss with olive oil and salt. Place on a lined baking sheet and cook for 30 – 40 minutes, or until tender. This method caramelizes the potatoes' starchy flesh. Both methods will result in a more flavorful and sweeter product compared to boiling; and can either be eaten as is or used in other recipes such as sweet potato pie.

SAUTÉ: This process can be used with shredded sweet potato, small dice, raw Julienne, or par-cooked larger pieces. In a hot sauté pan, add olive oil and then the sweet potato. Season with salt, pepper, and any other desired seasoning. Stir or pan toss frequently. Add other ingredients if needed. An example of this would be sweet potato hash, using either shredded or diced sweet potato.

PUREE: Take either the boiled or the baked sweet potato and place into a blender, or food processor and blend until smooth.

Michael DuBose

Culinary Specialist

Georgia Department of Education School Nutrition

michael.dubose@doe.k12.ga.us



SLICE

Take small, whole sweet potato, (peeled or unpeeled) and lay on cutting board. Hold firmly and cut off one end. Then slice the potato to the desired thickness.



DICE

Length wise, cut a 1/4" slice off the sweet potato. Lay the potato on the cutting board, cut side down (this makes it stable) slice the sweet potato into 1/4" slices. Stack the slices and cut them into 1/4" strips. Even up the sticks and slice into 1/4" cubes.



JULIENNE

Start the same process as DICE but make your cuts about 1/8" and DON'T dice. The result will be thin, matchstick sized strips. Approximately 2" in length and 1/8" wide.



CLOCKWISE from top right: Chunked, Diced, Julienned, Shredded, Sliced.

