



For the best flavor, braise sweet potatoes in butter and cream before mashing them.

MASHED SWEET POTATOES

SERVES 4

PREP TIME: 5 minutes

TOTAL TIME: 50 minutes

This recipe can be easily doubled, with two provisions: Use a large Dutch oven and double the cooking time.

- 2 pounds sweet potatoes (3 medium), peeled, quartered lengthwise, and sliced ¼ inch thick**
- 4 tablespoons (½ stick) unsalted butter, cut into 4 pieces**
- 2 tablespoons heavy cream**
- 1 teaspoon sugar**
- ½ teaspoon salt**
- Pinch pepper**

Test Kitchen Tip: **DON'T BOIL AWAY FLAVOR**

When developing this recipe, we initially used our traditional mashed potato recipe as a guide. Unfortunately, every time we boiled the sweet potatoes in water before mashing them they tasted too bland. In an attempt to preserve as much of the sweet potato flavor as possible, we decided to braise them over low heat in a combination of butter and heavy cream. Prepared in this way, we didn't boil away any of their flavor, and we could even mash the potatoes right in the pan.

Combine the sweet potatoes, butter, cream, sugar, salt, and pepper in a large saucepan. Cover and cook over low heat, stirring occasionally, until the potatoes fall apart when poked with a fork, about 40 minutes. Remove the pan from the heat and mash the potatoes with a potato masher until smooth.

VARIATIONS

MAPLE-ORANGE MASHED SWEET POTATOES

Stir 2 tablespoons maple syrup and ½ teaspoon grated orange zest into the mashed potatoes with the pepper.

GARLIC-SCENTED MASHED SWEET POTATOES WITH COCONUT MILK AND CILANTRO

Substitute ½ cup coconut milk for the butter and cream. Add ¼ teaspoon red pepper flakes and 1 minced garlic clove to the saucepan with the sweet potatoes. Stir 1 tablespoon minced fresh cilantro into the mashed potatoes with the pepper.

To Make Ahead

The mashed sweet potatoes can be refrigerated for up to 24 hours. Reheat in a lidded pot with 2 tablespoons heavy cream or water over low heat, stirring often, until warmed through.

Testing: Potato Mashers

For home-style spuds in a hurry, we eschew fancy gadgets and turn to a traditional, hand-held potato masher. These come in two camps—wire-looped mashers with a zigzag presser or disk mashers with a perforated round plate. Although elbow grease is the main mashing factor, we found that without exception disk mashers were preferred for achieving a fast and even mash. Our favorite is the **Profi Plus Masher** (\$15.99), whose comfortable grip, small holes, and oval-shaped mashing plate turned out mashed potatoes with a minimum of lumps and effort.

