



The Best Candied Yams

PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
10 mins	25 mins	35 mins	6 to 8 servings

Ingredients

- 3 pounds garnet or ruby sweet potatoes (yams), peeled and cut into 2-inch chunks
- Kosher salt
- 2 cups orange juice
- 1 to 1 1/4 cups brown sugar
- 1/2 teaspoon ground ginger
- 1/2 teaspoon cinnamon
- 4 tablespoons butter

Method

1. Boil the sweet potatoes:

Place the cut sweet potatoes in a pot and cover with a couple inches of cold water. Bring to a boil and add a generous pinch of salt.

Boil the sweet potatoes for 5-10 minutes, or until you can just pierce them with the tines of a fork, but not fully cooked (you will continue to cook in the next step). Drain and set aside.

2. Simmer the remaining ingredients:

Mix the remaining ingredients (orange juice, brown sugar, ground ginger, cinnamon, butter) in a shallow, wide sauté pan and bring to a boil on high heat.

3. Add sweet potatoes, cook until sauce reduces to a syrup:

Add the sweet potatoes and coat well with the sauce. Boil on high heat until the sauce reduces to a syrup, about 10 minutes. Serve hot.

Nutrition Facts (per serving)

341	6g	70g	4g
CALORIES	FAT	CARBS	PROTEIN