

## EPICUREAN ESSENTIALS

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### Sweet Potato Casserole

#### Potatoes:

- 4 ½ lbs. sweet potatoes
- ⅔ c. brown sugar
- ¼ c. butter, softened\*
- 4 eggs\*
- ⅔ c. milk\*
- 2 t. vanilla
- 1 t. salt

#### Topping:

- ⅔ c. brown sugar
- ⅓ c. flour
- 3 T. chilled butter\*
- ½ c. pecans

Preheat oven to 350° F. Scrub potatoes and prick all over with a fork. Place potatoes on a baking sheet and bake until a skewer is easily pushed into the center, about 50-60 minutes. Allow to cool and peel. This step is easily done the day ahead.

Combine all topping ingredients in a food processor and pulse together until somewhat crumbly. Set aside.

Grease a 9" x 13" baking dish and set aside.

Preheat oven to 350° F.

Combine brown sugar, butter, eggs, milk, vanilla, salt and baked sweet potatoes in the bowl of a stand mixer. Beat until potatoes are completely mashed and mixture of thoroughly combined.

Spread potatoes in prepared baking dish and sprinkle pecan mixture all over the top. Bake for approximately 40 minutes or until potatoes are completely hot and topping is crunchy.

\*Notes:

To make this casserole completely vegan use vegan spread in place of the butter and soy or rice milk in place of the milk.

In place of the eggs, combine  $\frac{1}{4}$  c. ground flax meal and  $\frac{3}{4}$  c. water in a saucepan. Cook over medium heat, stirring constantly until mixture is thick. Allow to cool. This step may be done the day ahead along with the baked sweet potatoes.