

## **The Caribbean Sweet Potato Dish**

From John Zinn:

"I get the large cans of sweet potatoes already cooked and in a syrup. To each can add 1 tablespoon heaping of peanut butter, 1 banana(ripe and cheap), 1 tablespoon of coconut flakes, and a teaspoon of rum...or more :) Add allspice and cinnamon to taste. I usually get around 6 to 8 cans of the sweet potatoes. Be sure to drain off the liquid and reserve some if you need to add back in case it gets dry. Blend all this up and taste it.. Add more of each ingredient you think it needs after tasting. You can also add pineapple if you have some. Then put it in a slow cooker on low and bake. Marcel says she sneaks brown sugar into it while I'm not looking if she thinks it needs it."

Added by Nancy Sojka to the 2015 batch: 1/2 c. butter, zest and juice of one lime, 1 cup of brown sugar, 3 shots of spiced rum

## **Caribbean Yam (Sweet Potato) Bake 2016**

From Jan and Stephen Taylor: "Please note: the reference to rum as being optional, does not, of course, apply at LaX Sailing Club."

1 lb cooked mashed sweet potato (3 cups when mashed)  
2 eggs  
1/2 cup brown sugar, packed  
1/4 cup butter, melted  
2 tablespoons dark rum (optional)  
1/2 teaspoon ground nutmeg  
1 lime, juice of  
1 lime, zest of  
2 bananas, peeled, diced  
coconut flakes

### **Directions**

In large bowl, combine sweet potatoes with eggs, brown sugar, margarine, rum, nutmeg, lime juice and zest until thoroughly mixed. Fold in diced bananas.

Turn into shallow, greased 5-cup baking dish. Sprinkle coconut on top. Bake in a 375-degree oven for 40 minutes.