



There are many versions of candied sweet potatoes, this recipe brushes them with a combination of butter, brown sugar and cinnamon, pops them in the oven to roast until tender.

Ingredients:-

4lbs Sweet Potatoes

2 Tbsp Butter

1 cup Brown Sugar, packed

1 tsp Salt

1Tbsp Cinnamon

½ cup Water

Pre-heat oven to 400-degrees

Method:-

1. Peel and slice potatoes 1-inch thick
2. Rinse potatoes and dry with a tea towel
3. Grease a shallow baking dish; put potatoes in dish
4. Place pan in pre-heated 400-degree oven for 30 minutes
5. In the meantime, in a saucepan melt butter and stir in brown sugar, salt and cinnamon and water
6. Stir mixture until it become a light syrup; remove from heat
7. Pour syrup over the potatoes and roast until tender

There are lots of other Afro-Caribbean recipes in the [Afro-Caribbean Food Yorkshire Facebook Group](#)