

HOT & SWEET POTATOES

by Roan Parrish

INGREDIENTS

Ok, listen, the truth is with cooking I never measure things, so these are total approximations, and you should do it to your own taste of sweet vs spicy.

Sweet potatoes: about one medium potato per serving

A few tablespoons of butter

A few cloves of garlic, minced or grated

Cayenne

A pinch of cumin

Salt to taste

Cinnamon

Brown sugar

METHOD

1. Cut sweet potatoes into small cubes.
2. Melt a few tablespoons of butter over medium heat in a non-stick pan. Add sweet potatoes, salt, and cook until they begin to soften.
3. Turn the heat down to medium-low and add your garlic. Cook for a minute or two—until garlic has softened—but don't turn the heat up or you'll burn the garlic.
4. When garlic has softened, add a handful of brown sugar, some cinnamon and cayenne, a dash of cumin, and a bit more salt if you like. Really the cayenne-to-sugar ratio just depends on how sweet and how spicy you like your food.
5. Cook until flavors come together, but take off the heat before the sugar burns. These potatoes are great as a side dish with barbecue, roast salmon, a big fresh salad; whatever you like! Or you can fry a couple of eggs on top and let the yolks run over them for a delicious breakfast.