



PERFECT SWEET POTATO MASH

Ingredients:

- 1kg gold Sweet Potato
- 200ml Cream
- Salt and pepper

Method:

- Roughly chop sweet potato into even pieces.
 - Boil sweet potato in salted water until tender, remove from heat and drain water.
 - Heat cream in small saucepan until just simmering then remove from heat immediately – do not allow cream to boil.
 - Add cream to sweet potato, add salt and pepper to taste and mash.
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- Serves 4-6.