

Purple Sweet Potato *Recipes*

Created by

**UF/IFAS FOOD SCIENCE
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DEPARTMENT**

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PURPLE SWEET POTATO CANDY

A delicious way to add more vegetables to your diet! These sweet potato candies are a modern take on a classic coconut candy.

INGREDIENTS

Ingredients	Volume	Mass
Powdered sugar	4 cup	480g
Coconut, sweetened, shredded	4 cup	372g
Purple sweet potato, steamed, put through ricer or mashed—about ½ – 1 potato	¾ cup	185g
Kosher sea salt	½ tsp	-
Vanilla extract	1 ½ tsp	-
Dark chocolate, not chips or coating	-	12oz
Shortening (2 tbsp) or paraffin (⅓ block)	-	-

MATERIALS

- Scale for cooking by weight Parchment-lined sheet trays
- Metal scoop if making balls, or silicone candy molds
- Metal or glass bowl for double boiler assembly
- Candy dipper or fork

Ingredient table: A dash indicates no measurement for the item.

INSTRUCTIONS

1.



Cooking the purple sweet potatoes:

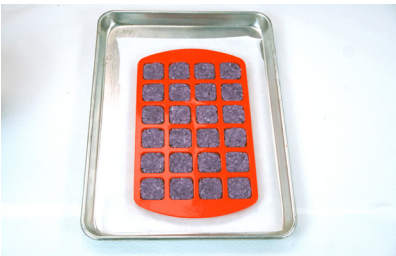
- Cut the potatoes into sections that will fit into your ricer.
- Steam or boil until potato can be pierced with a fork. If boiled, drain immediately.
- Assemble ricer, choosing the plate the smallest holes. Insert the potatoes skin side up and rice them. Remove skin and repeat until all potato is riced.

2.



Using a stand mixer with a paddle attachment, combine powdered sugar, coconut, sweet potato, salt, and vanilla. Mix on low speed until combined. Alternately, you can mix by hand. Combine in a bowl and mix with your hands until incorporated.

3.



Form mixture into desired shape in silicone molds or by using ½ oz. or 1 oz. scoops to form balls and placing them on parchment-lined sheet trays. Chill overnight uncovered. If using molds, unmold and transfer to parchment-lined sheet trays after chilling.

4.



Melt chocolate using a double boiler:

- Place ½ inch to 1 inch of water into a pan. Heat on medium-high until hot, then reduce heat to low. Do not boil; this will overheat the chocolate.
- Place paraffin/shortening on the bottom of a glass or metal bowl (this protects the chocolate from overheating), then place the chocolate broken into 1-inch pieces on top.
- Place the bowl on top of the pan of hot water and continue simmering over low heat. Gently melt the chocolate and paraffin/shortening, then stir with a fork until incorporated.

5. Set up a chocolate dipping station. Take the double boiler off the heat, leaving it assembled to keep the chocolate warm, and put it next to your sheet trays of candy. Use a candy dipper or a plastic fork with two tines cut away to dip the candies in the melted chocolate.
6. One by one, place each candy on the dipper and submerge it in the chocolate to desired level. Using the bowl edge, scrape off excess chocolate from the bottom. Set the candy back on the parchment and pull the dipper away. For larger molded candy, simply hold one end while dipping, then place the candy back on the sheet tray.
7. Refrigerate the candies until the chocolate hardens, then move them to a container and store in refrigerator. Enjoy!



PURPLE VICHYSOISE COLD POTATO SOUP

Enjoy this colorful twist on a classic French soup!

INGREDIENTS

Ingredients	Volume	Mass
Purple sweet potatoes, peeled & sliced thin	-	3 lbs
Yellow onion, radial sliced	-	16oz
Leeks, white portion only, thinly sliced	-	8oz
1 bay leaf	1	-
Peppercorns	¼ tsp	-
Chicken or vegetable stock	2 qt	2273mL
Light cream or 1 qt each half and half and heavy cream	2 qt	2273mL
Chives, minced or snipped	-	1oz
Salt to taste, 2 tsp suggested	-	-
Hot pepper sauce to taste	-	-

Ingredient table: A dash indicates no measurement for the item.

INSTRUCTIONS

1.



Gather and prep all ingredients.

2.



Combine potatoes, onions, leeks, bay leaf, peppercorns, and stock in a pot. Stock will not cover the contents. Simmer covered until well cooked, about 1 hour.

3.



Blend in a food processor until very smooth. If necessary, strain through a mesh colander to remove any large lumps.

4.



Let the soup cool. Refrigerate until cold and ready to serve.

5.



Add the cream and half and half to the soup base, mix well, then adjust seasoning with salt, pepper, and hot sauce.

6.



Ladle or use a pitcher to pour the soup into chilled bowls and garnish with chives. Serve immediately.



POTATOES LORETTE

To make Dauphine potatoes simply add parmesan cheese to taste prior to shaping and frying!

INGREDIENTS

Ingredients	Volume	Mass
Water	5.33 fl oz	158mL
Kosher sea salt	½ tsp	-
Shortening	6 tbsp	75g
Bread Flour	1 ½ tbsp	75g
4 eggs	4 each	-
6 or 7 purple sweet potatoes—requires 2lbs/907g riced potatoes	6-7 each	907g
Salt to taste	-	-
Pepper to taste	-	-
Nutmeg to taste	-	-

Ingredient table: A dash indicates no measurement for the item.

INSTRUCTIONS

1.



Cut potatoes into sections that will fit your ricer. Steam or boil until tender. If boiled, drain immediately. Place potato skin side up in ricer, press through, discard skin, repeat with the remaining potato.

2.



While potatoes cook, make the *pâte à choux*. In a heavy-bottomed pot bring the water, shortening, and salt to a rapid boil.

3.



Add flour, and stir quickly and thoroughly. Continue to cook over a medium heat for about a minute, or until the mixture is smooth and rolls free from the sides of the pan.

4.



Remove from heat, place in a mixer with a paddle attachment, turn on low, and let cool for about 2 minutes. (To be safe, check the temperature of the mixture. 145°F/63°C is sufficiently cool to avoid cooking the eggs.) Add eggs one at a time, blending after each addition. Each egg must be fully incorporated before adding the next.

5.



Combine potatoes and *pâte à choux*.

6.



Roll the mixture into balls, or place into a pastry bag with a large tube fitting (32 or larger tip) and pipe a cylinder shape. TIP: Rolling the balls in rice flour keeps them from sticking.

7. Fry at 360°F (182°C) until puffed. Drain on paper towel. Season with salt and enjoy!



PURPLE SWEET POTATO SOURDOUGH

Purple sweet potatoes bring some fun color and sweetness to a classic sourdough loaf. This recipe makes one large loaf.

INGREDIENTS

Ingredients	Volume	Mass
1 small purple sweet potato, boiled, drained, & riced. Reserve water.	-	100g
Salt	2 tsp	-
Sourdough starter	-	100g
Cooking water from potatoes, room temp	13.5 fl oz	-
Rye flour	-	100g
Bread flour	-	450g
Rice flour, for dusting	-	-

MATERIALS

- Scale for cooking by weight
- Banneton (proofing basket) with liner, or towel-lined bowl
- Razor blade
- 3.5-4 qt Dutch oven
- Parchment paper

Ingredient table: A dash indicates no measurement for the item.

INSTRUCTIONS

1.



Ensure you are using an active sourdough starter. It should be bubbly and fragrant. (See recipe later in this book)

2.



Make the dough:

- Combine potatoes, salt, active sourdough starter (see picture), and room-temperature potato water, and blend well.
- Add rye and bread flour, and stir to make a wet dough.
- Cover and leave 12–16 hours.

3.



The dough should have risen and should be very bubbly. If not, leave it to rest longer.

4.



Scrape the dough onto a floured worktop.

5.



Knead the dough several times to develop the gluten. The dough should pass the window pane test. (Try to stretch a handful of it thin enough that you can see light through it.). If it fails (tears readily), it needs more kneading time. Cover and let rest 20 minutes. Meanwhile, dust the proofing basket or towel-lined bowl with rice flour.

Fold the dough to shape it for the proofing basket. Place it into the basket seam side up, cover, and proof 1 – 1.5 hours.

6.



The dough is ready when a depression left by a finger gently pressed into the dough springs back slowly, not quickly.

7. During the last 30 minutes of rising:

- Turn oven to 465°F/240°C (without fan), or 425°F/220°C (with fan).
- Place a cast iron pot with a lid in the oven for at least 10 minutes to get hot.

8.



When the bread is ready to bake: Remove the pot from the oven.

- Take a strip of parchment as wide as the pot, and lay it over the dough. Grab the sides of the proofing basket and flip it upside down on the counter so that the dough sits on top of the parchment strip on the counter.
- Remove the proofing basket, pick up the ends of the parchment strip, and carefully lift and transfer the dough, settling it into the hot cast iron pot.
- Score the dough with a razor blade.
- Cover with the lid, and bake for 30 minutes.

9. Reduce heat to 425°F (without fan), or °F (with fan). Bake an additional 30 minutes.

10. Reduce heat to 325°F. Remove bread from pan and set directly on the oven shelf. Bake 10–15 more minutes.

11.



Remove from oven and let cool for at least 1 hour before eating. Enjoy!



PURPLE SWEET POTATO CAKE DOUGHNUTS

INGREDIENTS

Ingredients	Volume	Mass
6 potatoes, steamed and riced — average weight of 1 potato = 150g/5.3oz	-	900g
Salt	½ tsp	-
Sugar	2 cups	400g
3 eggs	-	-
Butter	⅓ cup	38g
Milk, 2% or whole	1 cup	236mL
All-purpose flour	6 cups	750g
Baking powder	5 tsp	-
Nutmeg or cinnamon	¼ tsp	-

Icing Glaze

Powdered sugar	3 cups	360g
Extract (vanilla, lemon, coconut) or Liquor (bourbon, rum, amaretto)	1.5 tsp 1 tbsp	-
Hot water	~3 tbsp	-
Neutral high temperature frying oil such as peanut or soybean.		

Ingredient table: A dash indicates no measurement for the item.

INSTRUCTIONS

- 1.** Mix together flour, baking powder, and spice, set aside.



- 2.** In a mixer fitted with the paddle attachment, mix the riced potatoes, salt, butter, and sugar. Alternatively, the dough can be made by hand. Use a bowl and wooden spoon.
- 3.** Add eggs one at a time, making sure to incorporate each completely.
- 4.** Add the milk and mix until light.

- 5.** Add the flour blend and mix until it just comes together.



- 6.** Chill the dough for easier handling.
- 7.** While the dough is chilling, turn on the fryer to preheat the oil to 370°F/187°C, then make the sugar glaze.
- 8.** To make the sugar glaze:



- 9.** Place powdered sugar in a bowl, and add the flavoring and a little hot water. Using a fork or a whisk, stir until the mixture reaches a smooth coating consistency. Hold up the mixing utensils and see how it coats. How it coats on the utensil is how it will coat on the doughnut. If you need to thin more, add hot water in small increments and mix each time—about 1 tsp to ½ tbsp at a time.
- 10.** Roll out the dough (use rice flour to prevent sticking), and cut it into doughnuts. Fry at 370°F/187°C until golden.
- 11.** While the doughnuts are hot, dip them in icing glaze, cinnamon sugar, or powdered sugar. Drop in sprinkles while icing is wet. Cool on a wire rack to let the glaze set. Enjoy!



PURPLE SWEET POTATO RAISED DOUGHNUTS

INGREDIENTS

Ingredients	Volume	Mass
Potatoes, steamed and riced—average weight of 1 potato = 150g/5.3oz	1⅓ cup	340g
Butter	½ cup	113g
Salt	1 tsp	-
Sugar	1 cup	200g
Nutmeg	¼ tsp	-
2 eggs	-	-
Sweet milk	1 cup	236mL
Yeast	1 tbsp	9g
All-purpose flour	7½ cup	938g

Icing Glaze

Powdered sugar	3 cups	360g
Extract (vanilla, lemon, coconut) or liquor (bourbon, rum, amaretto)	1.5 tsp 1 tbsp	-
Hot water	~3 tbsp	-
Neutral high temperature frying oil such as peanut or soybean.		

Ingredient table: A dash indicates no measurement for the item.

INSTRUCTIONS

1.  Warm milk to about 98°F/37°C. Mix in yeast and let proof for 3–5 minute. You will see it foam on the surface.
2. While the yeast is proofing:
 - By hand or in a mixer fitted with a paddle attachment, mix potatoes, butter, salt, sugar, and nutmeg.
 - Add eggs one at a time, incorporating completely each time.
3. Add the proofed yeast/milk solution, and mix well.
4.  If using a mixer, switch to a dough hook and add flour. Knead for about 5 minutes. If mixing by hand, add the flour and mix in a bowl until incorporated. Then turn the dough out onto a floured surface and knead until smooth and elastic.
5.  Cover, and let rise until doubled in size.
6.  Punch down, then roll out (use rice flour to prevent sticking) and cut into shapes. Let rise about 30 minutes.
7. While the doughnuts are rising, turn on fryer and preheat the oil to 375°F/190°C, then make the sugar glaze.
8.  To make the sugar glaze:
 - Place powdered sugar in a bowl, and add the flavoring and a little hot water. Using a fork or a whisk, stir until the mixture reaches a smooth coating consistency. Hold up the mixing utensils and see how it coats. How it coats on the utensil is how it will coat on the doughnut. If you need to thin more, add hot water in small increments and mix each time—about 1 tsp to ½ tbsp at a time.
9. Fry at 375°F/190°C until golden. While the doughnuts are hot, dip them in icing glaze, cinnamon sugar, or powdered sugar. Drop in sprinkles while icing is wet. Enjoy!



PURPLE SWEET POTATO SALAD NICOISE

Recipe developed
by Sharyn
Passeretti

INGREDIENTS

Ingredients	Volume	Mass
Dressing		-
Extra virgin olive oil	1/3 cup	80mL
Red wine vinegar	2 tbsp	30mL
Lemon juice	1 tbsp	15mL
Thyme, dried, whole	1/8 tsp	-
Black pepper, coarse grind	1/2 tsp	-
Kosher sea salt, coarse	1 tsp	-
1 clove fresh garlic	1/2 to 1 tsp	
Dijon mustard	1-1/2 tsp	-

*Ingredient table: A
dash indicates no
measurement for the
item.*

Ingredients	Volume	Mass
Salad		
1 head lettuce of choice. Butter lettuce or Romaine works best		
½ small sweet or Vidalia onion, radial sliced		
2 or 3 purple sweet potatoes, peeled, steamed and chilled		6-8oz
About ⅓ of a large cucumber or a whole pickling cucumber		
Nicoise olive or similar black olive	½ cup	
2 or 3 hard boiled eggs, chilled or warm		
Small tomatoes, cherry or heirloom	½ cup -1 cup	
Fresh green beans, de-stemmed, steamed & chilled	½ cup	4oz
Tuna, use fresh seared or canned, chilled or warm.		4-6oz

INSTRUCTIONS

1.



Make the dressing:

- Using a smoothie blender cup, a small food processor, or a manual shaker cup (like the ones used for protein drinks), combine all the dressing ingredients and blend smooth.
- Can be used immediately, but flavor does improve when refrigerated overnight.

2.



Prep the salad ingredients:

- Wash lettuce and shake off excess water. Tear into bite-sized pieces.
- Cut off the top and bottom of the onion, then peel. Cut it in half vertically, then place it flat side down and cut from root to tip into thin strips.
- Cut the potatoes into bite-sized pieces.
- Cut the cucumbers into bite-sized pieces.
- Cut the green beans horizontally into bite-sized pieces.
- Cut the hard boiled eggs into quarters, or slice/dice them with an egg slicer.
- Leave the tomatoes whole, or cut them in half.
- Break up the canned tuna—or slice the seared fresh tuna.

3. Arrange salad components on top of the lettuce on a platter, or you can simply combine and mix in a big bowl.

4. Drizzle the dressing over the salad. If mixing the salad in a bowl, add the dressing and toss the salad. Enjoy!



SOURDOUGH STARTER

INGREDIENTS

DAY	FEED**		Discard* (g)
	Bread Flour (g)	Water (mL/g)	
1	50	50	-
2	50	50	-
3	100	100	100
4	100	100	150
5	150	150	200
6	200	200	250
7	weight of discard	weight of discard	320

NOTE: For the sourdough starter and recipes you will need a scale.

Cooking and baking by weight rather than volume is faster, more accurate, more cost efficient and generates consistent product.

In choosing a scale, look for these essential features:

The scale should be able to handle 10–13 lbs weight capacity.

The scale should have a 1 gram increment minimum.

The loading platform should measure at least 4"x4" to allow you to reach the controls when a bowl is on the scale.

It should have tare capability so that you can “zero out” your bowl after each additional ingredient and weigh multiple ingredients directly into the bowl without having to empty it for each one.

Ingredient table: A dash indicates no measurement for the item.

INSTRUCTIONS

1. Use a 1 quart container. It can be a wide mouth jar, a bowl, or a plastic food storage container.
2. Place the container on the scale, tare the container (your scale should have a button that says “tare” or “zero”). This will reset the scale to 0 so you can weigh the right amount of flour into the container without having to subtract the weight of the container.
3. DAY 1: Mix Day 1 weights of flour and water, cover with a cloth and leave out overnight.
4. DAY 2: Add Day 2 weights of flour and water to the starter, mix well, cover with a cloth and leave out overnight.
5. DAY 3: Pour off the designated grams of discard, then feed into the original starter container. You can do this by doing the following:
 - Put a container you are going to move your discard into on the scale.
 - Tare the container.
 - From the original starter container, pour discard into that container to the appropriate weight.
 - Place original discard container and its contents on the scale and tare.
 - Add Day 3 weights of flour and water, mix well.
6. DAYS 4–6: Repeat the same method as Day 3 for discard and feeding.
7. DAY 7 (Baking Day): You will pull off what you will be using for that day’s baking.
 - ****FEED MOVING FORWARD:** Weigh existing starter, add the same weight in flour and water.
 - ****DAY 7 FEEDING OPTION:**
 - » If you plan to bake the next day, feed 200g each flour and water.
 - » If you are not going to bake until next weekend, then cover and place the starter in the refrigerator. Pull out the day before baking, feed with 200g each flour and water.
 - **NOTE:** this will not keep in the fridge indefinitely—a mature starter can last about 2 months in the fridge. If you plan on baking sourdough less than every 2 months, you should dry the starter. See instructions for drying, rehydration & feeding below.

You can use sourdough discard in other things:

- Pan fry it in a skillet with salt, peppers, and scallions. Finish in a 325°F oven for about 10 minutes to ensure it is cooked all the way through.
- Adjust a bread recipe (see our purple sweet potato sourdough) to your discard, and make a quick pizza crust or focaccia.
- Use it in other recipes like pancakes, biscuits, or cakes.
- Dry it in your oven using the lightbulb, or dehydrator setting. For a dehydrator, spread discard on parchment paper and use the lowest setting. Then, pulse in food processor and rehydrate as needed.

Reactivate dried starter:

- DAY 1: Weigh out 14g dried starter, 1 fl oz/30mL water. Let sit about 2 hours to let the chips soften. Once softened, mix well with a fork (may be lumpy). Then add 14g bread flour. Cover lightly and let stand 24 hours. If cold, leaving it in the oven with the light on works well.
- DAY 2: Weigh your starter. Whatever the weight of the starter is, add that in bread flour and water; e.g., if the starter weighs 85g, you add 85g bread flour and 85g (85mL) water.
- Proof 12–24 hours. It should be very bubbly.
- DAY 3: Repeat the day 2 procedure, proof 12 hours. Now it is ready for use!



PURPLE-VIOLET SWEET POTATO PIE

Enjoy this fun take on a classic holiday dish! Purple-violet sweet potato pie is a great way to add color to any holiday spread. Enjoy it warm or cool with whipped cream or ice cream!

INGREDIENTS

Ingredients	Amount
Purple-violet sweet potatoes, peeled	1 lb
Butter or margarine, softened	½ cup
Milk (or milk substitute)	½ cup
Sugar	1 cup
Eggs	2 large
Cinnamon	½ tsp
Ginger	½ tsp
Nutmeg (optional)	½ tsp
Vanilla extract	1 tsp
9-inch Unbaked pie shell	1

Servings: 8

Prepping Time: 30 minutes

Cooking Time: 1 hour

Ingredient table: A dash indicates no measurement for the item.

INSTRUCTIONS

1.



Cut purple sweet potato into 1-inch cubes, place them into a pot, cover with water, and simmer until soft, approximately 20 minutes.

2.



Mash purple sweet potato until smooth. For a very smooth consistency, use a hand mixer on medium speed for 2 minutes.

3.



Preheat oven to 350°F.

4.



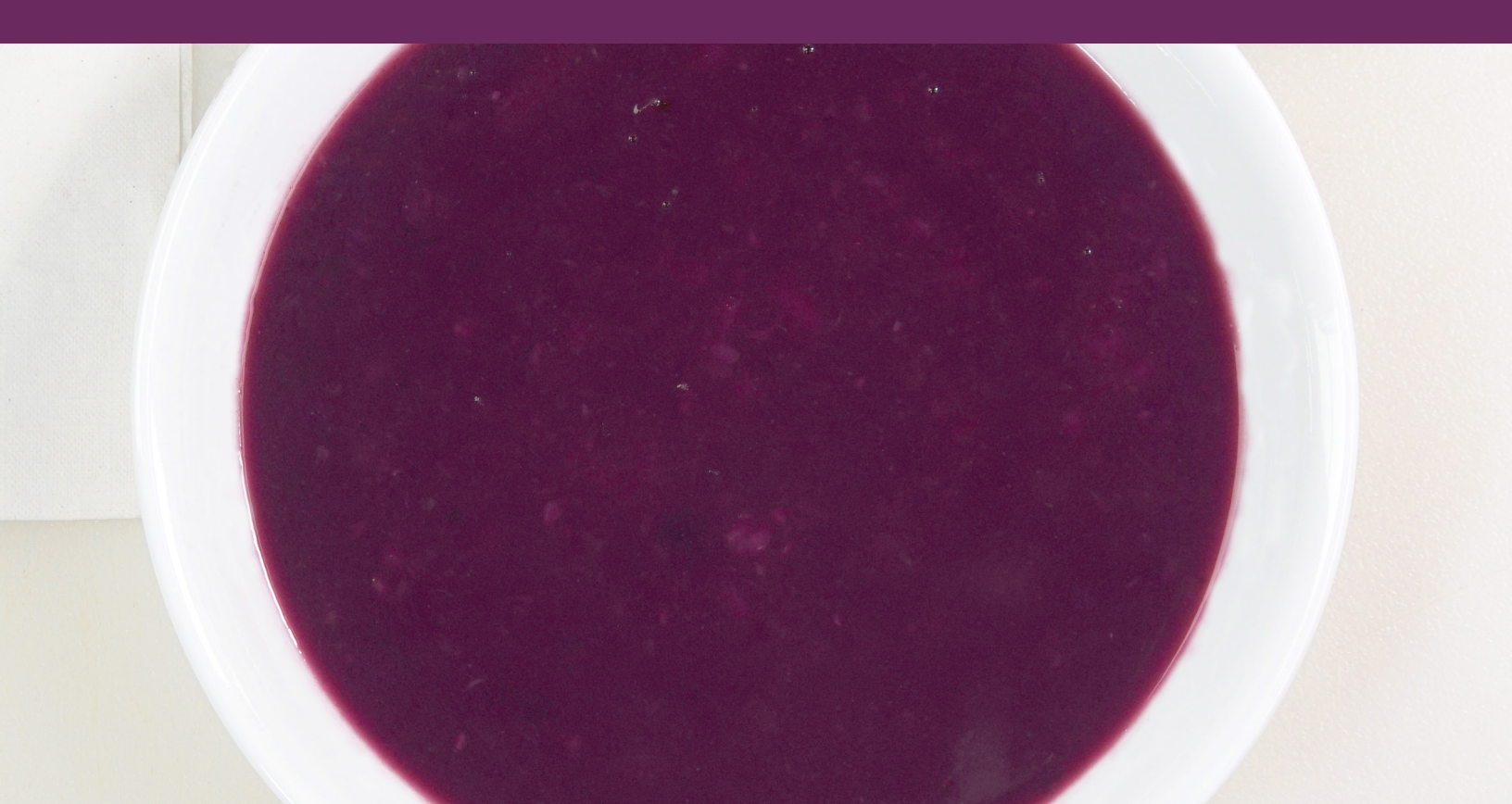
Whisk together milk, vanilla, cinnamon, ginger, nutmeg (if using), and eggs until well blended. Add mashed purple sweet potato, and mix thoroughly.

5.



Pour purple sweet potato pie filling into 9-inch pie shell and place in oven on the middle rack. Bake for 1 hour or until a wooden skewer comes out clean.

6. Enjoy! Pie can be served warm or cool, with whipped cream or ice cream as a garnish.



PURPLE-VIOLET SWEET POTATO SOUP

Add some extra color to your diet with this purple-violet sweet potato soup!

Serve warm with crusty bread, cornbread, or any side you desire. Add a dollop of yogurt at the end to add an extra creamy element to this savory dish!

INGREDIENTS

Ingredients	Amount
Purple-violet sweet potato, washed and cut into 1-inch cubes	3 cups
Dried cilantro	2 tbsp
Ground cumin	2 tbsp
Ground ginger	3 tsp
1 black beans, drained	15oz. can
Salt to taste	-
Bouillon paste (chicken or vegetable)	2 tbsp

Servings: 4

Prepping Time: 15 Min

Cooking Time: 1 Hr

Ingredient table: A dash indicates no measurement for the item.

INSTRUCTIONS

1.



Bring 4 cups water to a boil, and add bullion paste. Stir until all paste has been incorporated with no clumps remaining.

2.



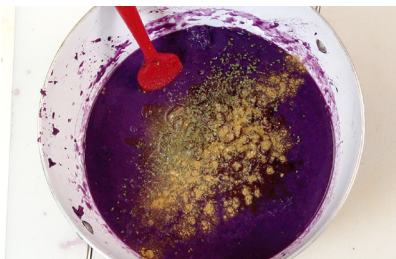
Add cubed purple sweet potato and simmer for 30 minutes, or until tender.

3.



Mash purple sweet potato with any remaining broth.
TIP: Use an immersion blender for a super smooth soup!

4.



Stir in dried cilantro, cumin, ginger, black beans, and salt to taste.

5.



Return soup mixture to stove and bring to a boil for 15 seconds. Reduce heat to low and cook for 30 minutes to blend the flavors.

6. Remove from heat and serve warm.

TIP: When serving, add a dollop of plain yogurt to each serving for a thicker and creamier taste!