

Recipes



<http://www.riverdogfarm.com>

Sweet Potato Nut Bread from Roots:

The Underground Cookbook by Barbara Grunes and Anne Elise Hunt

1 3/4 cups all-purpose flour 2 teaspoons baking powder

3/4 teaspoons ground cinnamon 1/2 teaspoon baking soda

1/2 teaspoon salt 1/2 teaspoon ground nutmeg

1/4 teaspoon cloves grated zest of one orange

3/4 cups chopped walnuts 1/2 cup dried currants

1 egg plus 2 egg whites 1/3 cup granulated sugar

1/3 cup packed light brown sugar 1 1/3 cups cooked, peeled, and pureed sweet

1/2 cup butter, melted potatoes

1/2 cup buttermilk

Heat oven to 350 degrees. Grease a 9-inch by 5-inch loaf pan. Combine flour, baking powder, cinnamon, baking soda, salt, nutmeg, cloves, orange zest, walnuts, and currants in a medium-sized bowl; reserve. Beat egg, egg whites and sugars in a large mixing bowl with an electric mixer until thick. Add sweet potatoes, butter, and buttermilk. Gradually beat in the reserved flour mixture. Pour batter into prepared pan. Bake until a tester comes out clean from center, about 55 minutes. Remove from oven and let stand 5 minutes. Remove from pan and let cool on a rack. Serve warm or cold.

