

Sweet Potato Puff

adapted from Great German-American Feasts by Nancy Cortner and Jane Garmey

Cook Time: 50 minutes

Ingredients:

- * 2 lbs. (about 4 cups) cooked sweet potatoes
- * 1 tablespoon molasses
- * 1 or 2 tablespoons butter
- * $\frac{1}{4}$ teaspoon cardamom
- * $\frac{1}{4}$ teaspoon nutmeg
- * $\frac{1}{2}$ teaspoon cinnamon
- * $\frac{1}{2}$ - $\frac{3}{4}$ teaspoon salt
- * dash pepper
- * 4 eggs, separated

Preparation:

Individually wrap each sweet potato in foil and bake on a cookie sheet (to catch any drips or oozing) in a preheated 350° oven for about 45 minutes. When cool enough to handle, unwrap each sweet potato and cut or peel away and discard peel. Cut cooked sweet potato into 2" chunks. In a large bowl using a electric hand mixer, combine sweet potatoes, butter and seasonings, except reserve $\frac{1}{4}$ teaspoon salt. Blend in egg yolks. In a separate bowl, such as a stand mixer, beat the reserved $\frac{1}{4}$ teaspoon salt and the 4 egg whites until stiff peaks form; fold stiff egg whites into the sweet potato mixture. Lightly pile into a greased 2-quart casserole or souffle dish. Bake in a preheated 350° oven for about 45 minutes, until set and top is golden brown.

Serves 4 to 6.