



Carrboro & Southern Village

FARMERS' MARKETS

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Recipe of the Week featuring **Sweet Potatoes**

October 22, 2005

Sweet Potato Cake with Rum and Sugar Glaze

From Sheri Castle of Creative Cooking with Sheri Castle

I've been doing these recipes for two years and I think this is my first dessert recipe. And, to tell you the truth, it isn't my recipe. This comes from a talented pastry chef named Regan Daley, who lives in Toronto, but after reading this recipe, I think that it must be *southern* Toronto.

This is a fabulous fall dessert that could sit proudly on a Thanksgiving dessert table. Or, consider serving this as a grown-up treat on Halloween. For a guilty pleasure treat, try a hunk of this with a steaming mug of tea or coffee for breakfast on the next cool morning.

3 medium sweet potatoes
3/4 cup golden raisins
1/2 cup dark rum
4 large eggs, lightly beaten
2 cups sugar
1 cup vegetable oil
2 teaspoons vanilla extract
3 cups all-purpose flour
1 teaspoon baking powder
1 teaspoon baking soda
1/2 teaspoon salt
1 1/2 teaspoons cinnamon
1/2 teaspoon ground nutmeg
3/4 cup buttermilk

1. Preheat the oven to 350°. Grease and flour a 10-inch Bundt pan or tube pan.
2. Place the sweet potatoes on a baking sheet and place in the oven to roast until tender, about 40 minutes. Peel and mash. Measure out 2 cups of mashed potatoes and set it aside to cool. (Eat the rest, or use in another recipe.)
3. Stir the raisins and rum together in a small bowl and let sit for at least 30 minutes for the raisins to plump.
4. Mix the eggs and sugar together in a large bowl with an electric mixer until the mixture is thick and pale, about 2 minutes.

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5. Mix in the oil and vanilla. Stir in the mashed sweet potatoes and mix well. Scrape down the sides and bottom of the bowl with a rubber spatula.
6. Sift the flour, baking powder, baking soda, salt, cinnamon and nutmeg together into a large bowl. Add the flour mixture to the egg mixture in three additions, alternating with the buttermilk. Begin and end with dry ingredients.
7. Drain the raisins and set them aside, reserving the rum for the glaze. Fold the raisins into the batter.
8. Scrape the batter into the prepared Bundt pan. Bake in the center of the oven until a wooden skewer inserted into the cake comes out clean, about 1 hour to 1 hour 20 minutes. Remove from the oven and let cool in the pan on a rack for 10 minutes.
9. Meanwhile, make the Rum and Sugar Glaze.
10. Turn out the cake on a rack set over a baking sheet or large plate to catch the excess glaze. Poke holes all over the top of the cake with a wooden skewer or a chopstick. Spoon half of the warm glaze over the cake. Let the rest of the glaze rest at room temperature for 15 minutes so that it will thicken. Pour the glaze over the cake, letting it dribble down the sides. Cool the cake completely before cutting and serving or wrapping and storing.

Rum and Sugar Glaze

1/2 cup tightly packed dark brown sugar
4 tablespoons unsalted butter
3 tablespoons whipping cream
Leftover rum from soaking the raisins for the cake (about 1/3 cup)

1. Bring the sugar, butter and cream to a boil in a heavy saucepan over high heat, stirring until the sugar dissolves.
2. Continue cooking until the mixture begins to thicken, about 3 minutes, stirring often.
3. Remove from the heat and stir in the rum.

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