

# **Carrboro Farmers' Market**

**Locally Grown ☞ Nationally Known**

**November 6, 2004**

**Recipe of the Week ☞ featuring Sweet Potatoes**

from **Sheri Castle** of **Creative Cooking with Sheri Castle**

## **Sweet Potato Pie**

Sweet Tater Pie is a Southern tradition and this is the best one I've ever tried. The recipe comes from a food historian friend of mine from the hills of Kentucky. I simply love this pie, as does my little girl. When she took a bite, she closed her eyes and declared, "This isn't pie. This is heaven!" I hope you agree.

1 3/4 pounds red skinned sweet potatoes, scrubbed  
1 cup heavy cream  
1 1/2 cups brown sugar  
3 eggs, lightly beaten  
1/2 teaspoon salt  
1/2 teaspoon cinnamon  
1/4 teaspoon ginger  
1/4 teaspoon nutmeg  
1/4 teaspoon allspice  
1 (9-inch) deep-dish piecrust  
1 egg white, well beaten  
To garnish: softly whipped cream

1. Preheat the oven to 400°. Arrange a rack in the bottom third of the oven.
2. Pierce the potatoes with a fork and place on a foil-lined baking sheet. Place in the oven to roast until completely soft, about 30 minutes. When cool enough to handle, peel the potatoes and run them through a food mill or mash them as smooth as possible with a hand-held potato. (Resist the temptation to use a food processor because it makes the potatoes gluey.)
3. Measure out two cups of purée and transfer it to a large mixing bowl.
4. Add the cream, brown sugar, eggs, salt, cinnamon, ginger, nutmeg and allspice and mix well with an electric mixer until completely smooth.
5. Brush the bottom of the piecrust with the lightly beaten egg white. This helps keep the crust from getting soggy while it bakes.
6. Pour the filling into the crust. It will be very full and you might have a tad leftover.
7. Carefully place the pie in the oven to bake until the filling is puffed around edges and set in center, about 45 minutes. Transfer to rack to cool to room temperature.
8. You can make this pie one day ahead. Store loosely covered and refrigerated.

Makes 6 to 8 servings.

(over)

## **Chapel Hill~Carrboro Farmers' Markets**

**Carrboro Farmers' Market ☞ Saturdays ☞ March 20 – December 18**

**Carrboro Farmers' Market ☞ Wednesdays ☞ Opening April 16, 2005**

**Southern Village Farmers' Market ☞ Opening April 16, 2005**

**HEY!**

**Seasons Change**

**and the Market Keeps Rolling Along !**

**The Saturday Market is  
OPEN until December 18<sup>th</sup>.**

**Enjoy cool mornings while shopping for fresh fall vegetables.**

**Upcoming events include cooking demos, tastings, and craft displays.**

**Remember to mark your calendar for our special Thanksgiving Market to be held**

**Tuesday, November 23<sup>rd</sup> from 2:00 – 6:00...featuring Wednesday & Saturday vendors.**

**Fill your basket full of local flavor & artistry for holiday gift giving and winter provisioning.**

**Visit us in November and December and delight in two more months of locally grown products!**

**From 7:00 to Noon**

**Every Saturday Until**

**December 18<sup>th</sup>, 2004**

**Opening Day 2005 ☞ Saturday, March 19<sup>th</sup> 7 am - Noon**

**[www.carrborofarmersmarket.com](http://www.carrborofarmersmarket.com)  
[www.southernvillagefarmersmarkt.com](http://www.southernvillagefarmersmarkt.com)**