


Carrboro Farmers' Market

Locally Grown  Nationally Known

November 13, 2004

Recipe of the Week  featuring Sweet Potatoes

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

Sheri's Sweet Potato Biscuits

These are the easiest biscuits you'll ever make. The dough is a dream to handle and survives several rollings and cuttings. Be sure to roast the potato because boiled potatoes are too soggy. Although I'm no fan of shortening, it is the fat of choice for these biscuits; using butter turns the tender biscuits into crispy fritters.

I had kept this recipe a secret for years. But I let them run it in last week's News and Observer, so now the cat is out of the bag.

These biscuits make a great Thanksgiving side dish, fabulous bread for leftover turkey sandwiches or, when cut with a 1-inch cutter and filled with paper-thin slices of country ham, a lovely hors d'oeuvre.

2 1/2 cups plain White Lily flour, plus more for rolling
1/2 cup packed light brown sugar
1 tablespoon baking powder
1/2 teaspoon salt
3/4 teaspoon ground cinnamon
1/2 teaspoon ground ginger
1/2 teaspoon ground allspice
1/2 cup Crisco
1 cup roasted and mashed sweet potatoes (about 1 medium potato)
1/2 cup heavy cream

1. Preheat the oven to 350°.
2. Line a baking sheet with parchment paper and set aside.
3. Mix together the flour, brown sugar, baking powder, salt, cinnamon, ginger and allspice in a large bowl.
4. Cut in the Crisco with a hand-held pastry blender until the mixture is crumbly.
5. Add the sweet potatoes and mix well with a wooden spoon.
6. Add the cream and stir just until the dough comes together.
7. Turn the dough out onto a lightly floured surface. Roll out the dough to 1-inch thick round. Cut out the biscuits with a 2-inch cutter. If the dough sticks, dip the cutter into some flour. Place the biscuits about 1 inch apart on the prepared baking sheet.
8. Bake the biscuits until they are golden brown, about 20 minutes.

Makes about 12 biscuits.

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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 18th.**

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 23rd 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 18th, 2004

Opening Day 2005 ☞ Saturday, March 19th 7 am - Noon

**www.carrborofarmersmarket.com
www.southernvillagefarmersmarket.com**