

Carrboro
FARMERS' MARKET
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YEAR ROUND *Celebrating 30 Seasons*

Recipe of the Week

October 11, 2008

Pecan Sweet Potato Whole-Wheat Pancakes

Recipe Provided by Market Intern: Sarah Johnson and adopted from Amber Levinson's Whole-Wheat Banana Pancakes featured in Bon Appetit Magazine, May 2007.

Ingredients:

- 1 1/4 cups whole wheat flour (Brinkley Farms is now selling made from hand-milled whole wheat flour!)
- 3/4 cup unbleached all purpose flour (you could use all whole wheat if you want a heartier pancake)
- 3 tablespoons sugar
- 4 teaspoons baking powder
- 3/4 teaspoon salt
- 1/4 tsp nutmeg
- 1 3/4 cups whole milk or buttermilk
- 2 large eggs
- 1 teaspoon vanilla extract
- 1/4 cup (1/2 stick) unsalted butter, melted, plus more for frying and serving 1lb sweet potato*
- 1/2 cup chopped pecans*

Preparation:

Cook the sweet potato anyway you choose (I opted for the microwave because it was faster). Let the potato cool a little before peeling the skin off, then mash with a fork. I use an electric mixture to get it smooth. Set aside. Preheat oven to 300°F. Place baking sheet in oven. Whisk first 6 ingredients in large bowl. Whisk milk, eggs, and vanilla in medium bowl, then whisk in 1/4 cup butter. Stir milk mixture into dry ingredients. Fold in the mashed sweet potato and the pecans. Heat large nonstick griddle or skillet over medium heat; brush with butter. For each pancake, drop 1/4 cup batter onto griddle. Cook until brown, about 2 minutes per side. Transfer to baking sheet in oven. Repeat with remaining batter. Serve with syrup and butter (fig preserves also make a great topping). . If you want to get fancy you can make a honey-cinnamon butter to go on top by combining 1/4 cup of unsalted butter, 1.5 tsp honey, and 1/8 tsp ground cinnamon.

**Ingredients Available at Market*

Veggie of the Week: Sweet Potato

- The sweet potato is an edible tuberous root, also known as the yam. North Carolina is the number one sweet potato producing state in the nation.
- **Growing:**
 - o Sweet potatoes grow best in sandy soils with a soil temperature between 70-80°, but are generally resilient and can grow in most soils. Sweet potatoes are intolerant to frost.
 - o **When & how to plant:** To grow, you actually need to plant slips. Slips are simply the green leafy shoots that sprout from a sweet potato when you don't cook it. Organic sweet potatoes work best for sprouting, and should be bought mid-winter. Once a sprout appears, place the potato in a jar of water with sprouting side up. Two to four weeks after the last frost, cut the slips off and plant them. Plant slips 12-18 inches apart in 8-10 inch deep mounds, with 3-4 feet between rows. Water well until growth is visible, then water a total 1"/week. Stop watering a couple weeks before harvest.
 - o **Harvesting:** Harvest after 95-125 days, depending on your variety.
- **Buying & storing:** Buy small-medium sweet potatoes that are dry and clean with smooth skin. Cuts or bruises in the skin can quickly cause damage to the whole potato. To store sweet potatoes, do not refrigerate unless cooked and do not wash until cooking. Store in a cool, dry place with a temperature between 55-65° such as a cellar or cabinet. In proper conditions, sweet potatoes can store up to one year but at normal room temperature they should be used within a week of purchase. Often the longer sweet potatoes are stored, the sweeter they get.
- **Nutritional facts:** At 1 cup (200g or 7 oz.): 180 calories, 3 calories from fat, 0g fat, 0mg cholesterol, 3% sodium, 14% total carbohydrate, 26% dietary fiber, 13g sugars, 4g protein, 769% vitamin A, 65% vitamin C, 8% calcium, and 8% iron. (Percentages based on 2,000 calorie diet)