

Chicken and Sweet Potato Curry

Syrie Wongkaew | australianfood.about.com

5 boneless, skinless chicken thighs
2 Tbsp of canola or vegetable oil
1 medium white onion, quartered
3 garlic cloves, crushed
1 lemongrass stem, white part only, thinly sliced
1 tsp ground tumeric
1 tsp curry powder
1/2 tsp chili powder
1 medium sweet potato (kumara), cut into 2cm cubes
1 can of coconut milk
1/2 cup of water
2 Tbsp of Thai fish sauce
1/2 tsp of sugar
A handful of fresh cilantro, finely chopped
1 cup of basmati rice

Cut the chicken thighs into strips or chunks. Place the rice along with scant 2 cups of water in a medium saucepan. Bring to the boil over a high heat and then cover and turn the heat down low. Cook the rice for 10-12 minutes or until fluffy. Remove from heat and set aside.

Heat the oil in a wok on a medium-high heat and partially brown the chicken for about 1-2 minutes. Transfer chicken to a plate and set aside. Add onion to the wok and fry for about 2 minutes or until translucent. Add a little more oil if the wok gets dry. Add the garlic and fry for 30 seconds. Add the lemongrass and fry for another 30 seconds. Now add the tumeric, curry powder and chili powder and fry for 1 minute. Add the sweet potato (kumara) and sugar. Stir well. Add the coconut milk, water, fish sauce and cilantro. Stir well to combine and bring to the boil. Once the curry is boiling add the chicken and then turn the heat down to low and cover. Simmer gently for 20 minutes. Serve curry on a bed of rice and garnish with cilantro.

Grilled Sweet Potatoes with Lime and Cilantro

Bobby Flay | Food Network Magazine

3 sweet potatoes, unpeeled
Kosher salt
2 teaspoons finely grated lime zest
Pinch of cayenne pepper
1/4 cup canola oil
Freshly ground pepper
1/4 cup finely chopped fresh cilantro

Parcook the potatoes: Place in a pot of water and boil until fork-tender; let cool. Slice each potato lengthwise into eighths. Preheat a grill to medium or place a cast-iron grill pan over medium heat. Mix 1 tablespoon salt, the lime zest and cayenne in a small bowl. Brush the potato wedges with the oil and season with salt and pepper. Grill until golden brown on all sides (including the skin) and just cooked through, about 1 1/2 minutes per side. Transfer to a platter; immediately season with the salt mixture and sprinkle with cilantro.

Honey Glazed Roasted Vegetables

www.eggplantrecipes.net

1/4 cup Honey

1/4 cup Olive Oil

3 tablespoons Balsamic Vinegar

1 Garlic Clove, peeled and crushed

Salt, Pepper, and Dried Thyme, to taste

4-6 cups mixed halved Red Potatoes, sliced Zucchini,

thickly sliced Onions, Red Peppers, Carrots, Sweet

Potatoes, sliced Eggplant

Preheat oven to 400 F. Combine honey, olive oil, balsamic vinegar, crushed garlic, salt, pepper, and thyme in small bowl. Mix well. Arrange red potatoes, zucchini, onions, red peppers, carrots, sweet potatoes, and eggplant in roasting pan. Brush honey mixture over vegetables. Bake 30 minutes. Stir occasionally

Roasted Sweet Potato Fries

S. Brewer

Note: Our sweet potatoes are freshly dug and the skins are thin and tender, so it is not necessary to peel them. Just eat them skin and all!!

New Sweet Potatoes

Sesame Oil

Salt and Pepper

Preheat oven to 375. Wash sweet potatoes and cut into quarters lengthwise and put into a bowl. Drizzle with sesame oil, add salt and pepper, then put lid on bowl and shake until all pieces are covered. Lay out on cookie sheet (I like my cast iron pizza pan for this) and bake in oven for 20 to 25 minutes.

Note: There is an endless variety of spices and or oils that can be used for roasting sweet potatoes. Chili powder to spice them up; sugar and cinnamon to sweeten them - take your pick and experiment!!