

CHEF SARA RHODES

CREAMY SWEET POTATO TWISTS

1 lb. red skinned sweet potatoes, washed
1 Tbsp. shallots, minced
2 tsp. garlic, minced
1 Tbsp. fresh oregano, finely chopped
1 cup heavy cream
4 oz. Herb goat cheese
1 Tbsp. butter
1/3 cup chopped pecans
Salt and pepper to taste

Using a spiral cutter, spiral cut the sweet potatoes into curly twists. Heat a pot of salted water.

Heat a deep sauté pan with a tsp. of the butter. Add the shallots, garlic and oregano. Sauté until fragrant. Add cream and simmer to reduce slightly. Add the goat cheese and whisk until melted. Add the butter and whisk until melted.

When the water is boiling, add the sweet potato twists and blanch for about two minutes. Do not overcook. Drain and add them to the sauté pan with the sauce. Add the pecans and salt and pepper and toss gently to coat.

