



# Creamy Mashed Sweet Potatoes Recipe

## Introduction

Mashed sweet potatoes are a delightful and nutritious side dish that can elevate any meal. With their naturally sweet flavor and creamy texture, they are perfect for both family dinners and holiday gatherings. This particular recipe combines the richness of butter and maple syrup, creating a harmonious balance of flavors that everyone will enjoy.

## Ingredients

3 pounds sweet potatoes (about 5 large or 6 medium), peeled and cut

into 1-inch cubes

4 tablespoons unsalted butter, cut into pats, plus more for serving

½ cup milk, warmed

¼ cup maple syrup

1 teaspoon sea salt, plus more for cooking the potatoes

Freshly ground black pepper

Fresh thyme leaves (optional), for garnish

## Prep Time

15 minutes

## Cook Time

15 minutes

## Total Time

30 minutes

## Yield

Serves 6 to 8

## Instructions

### 1. Prepare the Sweet Potatoes:

Place the peeled and cubed sweet potatoes in a large pot. Cover them with cold water by 1 inch. Stir in 1 tablespoon of salt to season the potatoes as they cook.

### 2. Cook the Sweet Potatoes:

Bring the water to a boil over high heat. Reduce the heat to maintain a gentle boil and cook for 10 to 15 minutes, or until the potatoes are easily pierced with a fork.

### 3. Drain and Mash:

Drain the cooked sweet potatoes and return them to the pot. Add the butter, warmed milk, maple syrup, 1 teaspoon sea salt, and several grinds of black pepper. Use a potato masher to mash until smooth and well combined.

### 4. Season and Serve:

Taste and adjust the seasoning as needed. Transfer the mashed sweet potatoes to a serving bowl. Top with additional butter and fresh thyme leaves, if desired.

See also Grape Nuts Custard

Enjoy your delicious mashed sweet potatoes!

## Detailed Directions and Instructions

### **Prepare the Sweet Potatoes:**

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- Cover them with cold water by 1 inch.
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### **Cook the Sweet Potatoes:**

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- Drain the cooked sweet potatoes and return them to the pot.
- Add the butter, warmed milk, maple syrup, 1 teaspoon sea salt, and several grinds of black pepper.
- Use a potato masher to mash until smooth and well combined.

### **Season and Serve:**

- Taste and adjust the seasoning as needed.
- Transfer the mashed sweet potatoes to a serving bowl.
- Top with additional butter and fresh thyme leaves, if desired.

## **Notes**

### **Sweet Potato Selection:**

- Choose sweet potatoes that are firm and free from blemishes for the best flavor and texture.

### **Storage:**

- Leftover mashed sweet potatoes can be stored in the refrigerator for up to 3 days in an airtight container. Reheat gently before serving.

### **Variations:**

- For a creamier texture, you may add more milk or use cream instead.



- Experiment with spices such as cinnamon or nutmeg for a different flavor profile.



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## Cook techniques

### Preparing Sweet Potatoes

Place peeled and cubed sweet potatoes in a large pot and cover them with cold water by 1 inch. Stir in salt to season.

See also [Chocolate Fudge Truffle Cheesecake](#)

### **Cooking Sweet Potatoes**

Bring water to a boil over high heat, then reduce to a gentle boil. Cook until easily pierced with a fork, approximately 10 to 15 minutes.

### **Draining and Mashing**

Drain the cooked sweet potatoes and return to the pot. Add butter, warmed milk, maple syrup, sea salt, and black pepper, then mash until smooth.

### **Seasoning and Serving**

Taste and adjust seasoning as needed. Transfer to a serving bowl and top with additional butter and fresh thyme.

## **FAQ**

### **Can I use different types of potatoes?**

While sweet potatoes provide unique flavor and nutrition, you can use regular potatoes, but the taste and texture will differ.

### **How can I make this dish vegan?**

Substitute the butter with a plant-based alternative and use almond, soy, or oat milk in place of regular milk.

### **Can I make mashed sweet potatoes ahead of time?**

Yes, you can prepare them in advance and reheat them before serving. Add a little milk or butter when reheating for creaminess.

**What can I serve mashed sweet potatoes with?**

They pair well with roasted meats, poultry, or as a side for vegetarian dishes.

**How do I store leftovers?**

Store leftovers in an airtight container in the refrigerator for up to 3 days. Reheat on the stovetop or in the microwave.

## Conclusion

The mashed sweet potatoes are a delightful side dish that combines the natural sweetness of the potatoes with the rich flavors of butter and maple syrup. This comforting recipe is not only easy to prepare but also versatile enough to suit various main courses. Enjoy this creamy and flavorful dish at your next gathering or as a comforting addition to your weeknight meals.

See also [Roast Beef Sliders](#)

**Sweet Potato Casserole**

Make a delicious sweet potato casserole topped with a crunchy pecan and brown sugar streusel for a festive twist.

**Mashed Sweet Potato and Goat Cheese**

For a savory spin, mix in crumbled goat cheese and a hint of garlic for a creamy, tangy flavor profile.

**Sweet Potato and Black Bean Enchiladas**

Use mashed sweet potatoes as a filling for enchiladas, combined with

black beans, cheese, and your favorite enchilada sauce.

### **Sweet Potato Pancakes**

Incorporate mashed sweet potatoes into pancake batter for a sweet and nutritious breakfast option.

### **Sweet Potato Gnocchi**

Use the mashed sweet potatoes to make tender gnocchi, served with sage brown butter for a delightful dish.

### **Sweet Potato Salad**

Mix cooled mashed sweet potatoes into a salad with spinach, cranberries, and walnuts for a hearty and nutritious meal.

### **Sweet Potato Hummus**

Blend mashed sweet potatoes with tahini, lemon juice, and garlic to create a unique and delicious hummus perfect for dipping.





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