



Curried Sweet Potato Gold with Raisins

The Story in the Pot

My grandson calls this dish “sunset mash.” I still laugh at that. It really does look like a golden sunset in a bowl. The curry powder makes your kitchen smell like a cozy adventure. Doesn’t that smell amazing?

I first made this for a rainy Tuesday. We needed some sunshine on our plates. The sweet potatoes get so soft and sweet. The raisins pop with little bursts of flavor. It turned a dull day right around.

Why This Mash Matters

This is more than just a side dish. It’s a hug for your belly. The sweet

potato is full of good things for your body. It makes you feel strong and happy.

Mixing the sweet and the spicy matters too. Life is like that. A little bit of this and a little bit of that. It teaches us about balance. What's your favorite "comfort food" that makes you feel this way?

A Simple Trick

Here's my little secret. Don't rush the cooking. Let the potatoes steam in that covered pot. They cook in their own sweet steam and butter. It makes them taste richer.

Stir them now and then. Listen to the soft bubbling sound. That's the sound of dinner coming together. *Fun fact: sweet potatoes are not related to regular potatoes! They are from a different plant family altogether.*

Making It Your Own

This recipe is very friendly. You can change it to suit you. Not a fan of raisins? Try dried cranberries instead. Love a bit of crunch? Sprinkle some chopped nuts on top.

Cooking is about playing. It's about making your taste buds smile. What would you add to make this dish perfect for you? I'd love to hear your ideas.

The Final Stir

When you mash, mash it all the way. Get it nice and smooth. Then stir in the raisins and green cilantro. The colors make me so happy. It's like

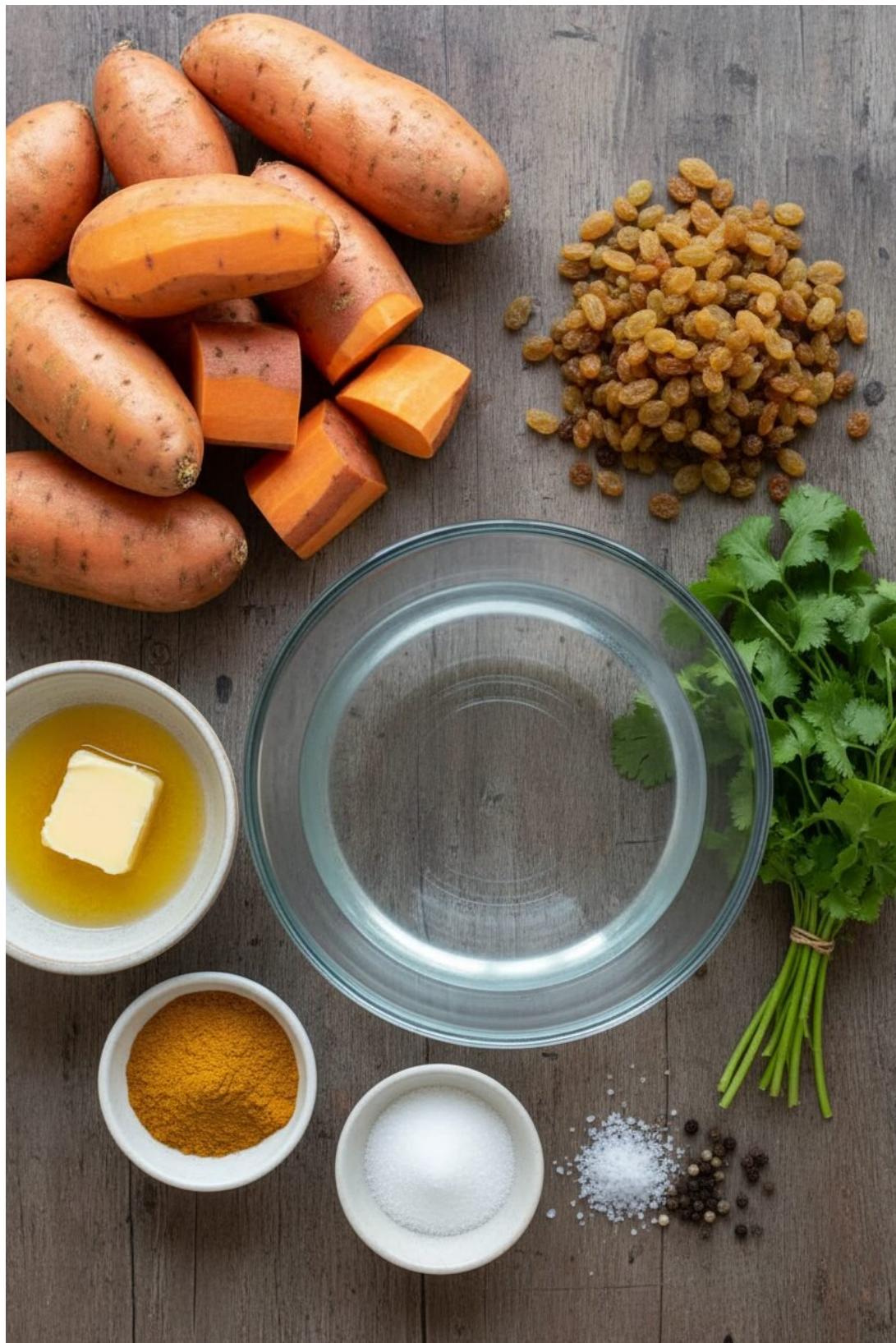
a garden in a bowl.

Taste it. Does it need more salt? A pinch more pepper? You are the boss of your pot. This last step matters because you are adding your own love. That's the best ingredient of all.

See also [Golden Crisp Turkey with Herbed Butter Glaze](#)

Ingredients:

Ingredient	Amount	Notes
Sweet potatoes, peeled and sliced 1/4 inch thick	2 pounds	
Water	6 tablespoons	
Unsalted butter, cut into pieces	4 tablespoons	
Curry powder	2 teaspoons	
Sugar	1 teaspoon	
Salt and pepper	To taste	1 tsp salt & 1/2 tsp pepper for cooking, plus more for final seasoning
Golden raisins	1/2 cup	
Fresh cilantro, minced	2 tablespoons	



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Instructions

Step 1: Put everything but the raisins and cilantro in your big pot. That's the potatoes, water, butter, curry, sugar, salt, and pepper. Put the lid on tight. Cook it on medium-low heat. Stir it now and then with a wooden spoon. You'll know it's ready when a fork slides into a potato easily. This takes about half an hour. (A hard-learned tip: slice your potatoes evenly so they all cook at the same time!)

Step 2: Take the pot off the heat. Grab your potato masher. Now mash everything together until it's lovely and smooth. No lumps allowed! Think of it like making orange clouds. Can you guess what ingredient makes it smell so warm and cozy? Share below!

Step 3: Now for the sweet and fresh bits! Stir in the golden raisins and the chopped cilantro. Give it a little taste. Does it need another pinch of salt or pepper? I always add a tiny bit more. Now it's ready to share. I still laugh at how my grandson calls this "pirate's treasure mash."

Creative Twists

This recipe is like a cozy sweater. You can dress it up in different ways! Try a spoonful of plain yogurt on top for a cool, creamy bite. Use dried cranberries instead of raisins for a little tart surprise. For a crunchy finish, sprinkle on some toasted coconut flakes. Doesn't that sound fun? Which one would you try first? Comment below!

Serving & Pairing Ideas

This dish is a wonderful friend to others on your plate. I love it next to

simple roasted chicken or some pan-fried sausages. For a pretty plate, scoop it into a small bowl first, then turn it over onto the dish. A little extra cilantro on top looks so fresh. To drink, a cold lager beer sips nicely with the curry. For a non-alcoholic treat, try sparkling apple cider. The bubbles are so cheerful. Which would you choose tonight?

See also [Maple Pecan Christmas Pie](#)



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Keeping Your Golden Mash Cozy

This dish keeps well in the fridge. Just pop it in a sealed container. It will stay happy for about four days. You can freeze it for a month, too. Use a freezer-safe bag or dish. Thaw it overnight in the fridge when you are ready.

Reheating is simple. Warm it gently in a pot on the stove. Add a splash of milk or water. Stir it often so it does not stick. I once reheated it too fast. The bottom got a little too toasty! A low heat keeps it creamy.

This recipe is perfect for batch cooking. Double it in a big Dutch oven. You will have meals ready for a busy week. This matters because a ready meal is a gift to your future self. It makes a busy day feel simpler and kinder. **Have you ever tried storing it this way? Share below!**

Simple Fixes for Common Hiccups

Is your mash too lumpy? Your potatoes may need more time. Cook them until they crumble easily with a fork. Then mash them well. I remember when I was impatient. I ended up with lumpy potatoes! Giving them time makes everything smooth.

Does the curry taste too strong? Start with just one teaspoon of powder. You can always add more later. Tasting as you cook builds your confidence. Is the dish too dry after mashing? Stir in another tablespoon of soft butter. This adds wonderful richness and creaminess.

Fixing small problems matters. It helps you learn and trust your own taste. Getting the flavor just right makes the meal truly yours. **Which of these problems have you run into before?**

See also Crimson Flannel Holiday Hash

Your Quick Questions, Answered

Q: Is this recipe gluten-free?

A: Yes, it is naturally gluten-free. Just check your curry powder label to be sure.

Q: Can I make it ahead?

A: Absolutely. Make it up to two days before. Reheat it gently on the stove.

Q: What if I do not have golden raisins?

A: Regular raisins or dried cranberries work nicely. *Fun fact: sweet potatoes and raisins are both autumn harvest foods!*

Q: Can I double the recipe?

A: You can. Use a large Dutch oven. Cook it for 40 to 50 minutes.

Q: Is the cilantro optional?

A: Yes. Fresh parsley is a good swap. Or just leave it out. **Which tip will you try first?**

From My Kitchen to Yours

I hope you enjoy making this golden dish. It always makes my kitchen smell wonderful. I love hearing your stories and seeing your creations. Your kitchen adventures make me smile.

Please tell me all about it. **Have you tried this recipe?** Let me know in the comments below. I read every single one.

Happy cooking!



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—Elowen Thorn.



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Author: Elowen Thorn



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Cooking Method:[Stovetop](#)



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Courses:[Side](#)

Difficulty: **Beginner**

Prep time: **10 minutes**

Cook time: **30 minutes**



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Rest time:

Total time: **40 minutes**

Servings: **4 servings**

Calories: **320 kcal**

Best Season: **Summer**

Description

Mashed Sweet Potatoes with Curry and Golden Raisins

Ingredients

- 2 pounds sweet potatoes, peeled and sliced $\frac{1}{4}$ inch thick
- 6 tablespoons water
- 4 tablespoons unsalted butter, cut into 4 pieces
- 2 teaspoons curry powder
- 1 teaspoon sugar
- Salt and pepper
- $\frac{1}{2}$ cup golden raisins
- 2 tablespoons minced fresh cilantro

Instructions

1. Combine potatoes, water, butter, curry powder, sugar, 1 teaspoon salt, and $\frac{1}{2}$ teaspoon pepper in large saucepan. Cover and cook over medium-low heat, stirring occasionally, until potatoes crumble easily when poked with paring knife, 25 to 30 minutes.
2. Remove from heat. Using potato masher, mash potatoes thoroughly until smooth and no lumps remain. Stir in raisins and cilantro. Season with salt and pepper to taste. Serve.

Notes

This recipe can be easily doubled and prepared in a Dutch oven; increase the cooking time to 40 to 50 minutes.

Keywords:Sweet Potato, Curry, Raisins, Side Dish