



Southern Sweet Potato Butter Cake



Introduction

Southern Sweet Potato Butter Cake is a delightful and rich dessert that combines the natural sweetness of sweet potatoes with the moisture of butter cake. This traditional recipe is perfect for holidays, family gatherings, or any occasion when you crave a comforting slice of cake. The addition of sweet potatoes not only enhances the flavor but also adds a beautiful orange hue and a tender texture, making it a unique twist on the classic butter cake.

Detailed Ingredients with measures

Sweet potatoes – 1 cup, cooked and mashed

Unsalted butter – 1 cup, softened

Granulated sugar – 2 cups

Brown sugar – 1/2 cup

Vanilla extract – 2 teaspoons

Baking powder – 1 tablespoon

All-purpose flour – 2 cups

Eggs – 4 large

Milk – 1/2 cup

Salt – 1/2 teaspoon

Ground cinnamon – 1 teaspoon

Prep Time

The preparation time for Southern Sweet Potato Butter Cake is approximately 20 minutes. This includes peeling and cooking the sweet potatoes until soft, as well as mixing the other ingredients to create a smooth batter.

Cook Time, Total Time, Yield

The cook time for this cake is around 50 to 60 minutes, depending on your oven. In total, you can expect the entire process, from prep to serving, to take about 1 hour and 20 minutes. This recipe yields a generous 12 slices, making it perfect for sharing with friends and family. Enjoy the rich flavors and delightful texture of this Southern classic!



Detailed Directions and Instructions

Preheat the Oven

Preheat your oven to 350°F (175°C). Ensure that your oven is properly calibrated for accurate baking.

Prepare the Baking Pan

Grease and flour a 9×13-inch baking pan. This will help prevent the cake from sticking to the pan after baking.

Mix Wet Ingredients

In a large mixing bowl, combine 1 cup of softened butter and 2 cups of granulated sugar. Cream them together using an electric mixer until the mixture is light and fluffy.

See also [Grilled Broccoli Recipe for Healthy Eating](#)

Add Eggs and Sweet Potato

Add 4 large eggs, one at a time, mixing well after each addition. Then, add 1 cup of cooked and mashed sweet potatoes, continuing to mix until fully incorporated.

Combine Dry Ingredients

In a separate bowl, whisk together 2 cups of all-purpose flour, 1 teaspoon of baking powder, 1 teaspoon of baking soda, and 1/2 teaspoon of salt.

Add Dry Ingredients to Wet Mixture

Gradually add the dry ingredient mixture to the wet ingredients, mixing just until combined. Be careful not to overmix, as this can affect the texture of the cake.

Incorporate Milk

Pour in 1 cup of buttermilk, mixing gently until everything is well blended and the batter is smooth.

Pour Batter into Pan

Pour the batter into the prepared baking pan, spreading it evenly with a

spatula.

Bake the Cake

Place the pan in the preheated oven and bake for 30 to 35 minutes, or until a toothpick inserted into the center comes out clean.

Cool the Cake

Once baked, remove the cake from the oven and let it cool in the pan for about 10 minutes. Then, transfer the cake to a wire rack to cool completely.

Frost the Cake (Optional)

If desired, frost the cooled cake with cream cheese frosting or any preferred frosting for added flavor.

Notes

Using Sweet Potatoes

For best results, use fresh sweet potatoes that are cooked and mashed. Canned sweet potato puree can also be used but ensure it's unsweetened.

Storing the Cake

Store any leftover cake in an airtight container at room temperature for up to 3 days or in the refrigerator for up to a week.

Freezing the Cake

This cake can be frozen. Wrap individual pieces tightly in plastic wrap

and aluminum foil before placing them in a freezer-safe container. It can be frozen for up to 3 months.

See also Caramel Apple Jam

Serving Suggestions

Serve the cake as a dessert or with a cup of coffee or tea. It pairs well with whipped cream or vanilla ice cream.



Cook techniques

Using Sweet Potatoes

Sweet potatoes can be prepared in various forms. For this cake, they should be cooked and mashed until smooth to incorporate the natural sweetness and moisture they provide.

Creaming Butter and Sugar

The key to a fluffy cake is creaming cold butter and sugar together until light and airy, which helps to incorporate air and achieve a better rise when baking.

Incorporating Eggs

Add eggs one at a time to the butter and sugar mixture. This helps with even distribution and ensures that the mixture remains fluffy.

Mixing Dry Ingredients

Sift together dry ingredients like flour, baking powder, and spices to ensure even mixing and to remove any lumps before combining with wet ingredients.

Layering Flavors

To enhance the taste, consider adding vanilla extract and cinnamon to the batter, complementing the sweetness of the sweet potatoes.

Baking Temperature

Baking at the correct temperature is crucial. Ensure your oven is preheated properly to create a uniform texture in the cake.

Testing for Doneness

Use a toothpick or cake tester inserted in the center of the cake to check for doneness; it should come out clean or with a few crumbs attached.

FAQ

Can I use canned sweet potatoes instead of fresh?

Yes, canned sweet potatoes can be used, but make sure to drain and mash them well to avoid excess moisture.

What type of flour is best for this cake?

All-purpose flour is typically the best choice for this type of cake to achieve the desired texture.

See also [Chicken Cordon Bleu Casserole Recipe](#)

How can I make this cake gluten-free?

You can substitute all-purpose flour with a gluten-free flour blend, ensuring that it contains a binding agent like xanthan gum.

Can I add nuts or other mix-ins?

Yes, adding chopped pecans or walnuts can provide a nice crunch and additional flavor.

What is the best way to store leftovers?

Store leftovers in an airtight container in the refrigerator for up to a week, or freeze for longer storage.

Conclusion

The Southern Sweet Potato Butter Cake is a delightful treat that combines rich flavors and a moist texture, making it a delicious addition to any dessert table. Its unique sweetness from the sweet potatoes paired with buttery notes creates a comforting experience. Perfect for family gatherings or special occasions, this cake is sure to impress and satisfy anyone with a sweet tooth.

More recipes suggestions and combination

Sweet Potato Pie

Enhance your sweet potato experience with a classic sweet potato pie, featuring a flaky crust and a spiced filling that pairs beautifully with whipped cream.

Pecan Pie Cheesecake

For a twist on traditional cheesecake, consider a pecan pie cheesecake that layers creamy cheesecake with a rich pecan topping, ideal for special celebrations.

Maple Pecan Muffins

Enjoy the flavors of fall with maple pecan muffins that are moist and flavorful, perfect for breakfast or a sweet snack throughout the day.

Cinnamon Roll Cake

Indulge in a cinnamon roll cake that features the beloved flavors of cinnamon rolls in a simple, easy-to-make cake, topped with cream cheese frosting.

Caramel Apple Crumble

Combine the flavors of caramel and apple in a warm crumble dessert that makes for an excellent autumn treat, served with a scoop of vanilla ice cream.

Banana Bread Pudding

Transform leftover banana bread into a delicious pudding, baked with custard and topped with a warm vanilla sauce for a comforting dessert option.

