

Sweet potato Storage

By Joseph Parish

My family has always loved sweet potatoes in just about any form, be it fried, boiled or baked. On occasion we may purchase a bushel or two of these delightful foods in the fall, and store them in various ways over the winter.

A simple but effective method of storing sweet potatoes is to do as our grandparents did, and those before them. Dig a hole into the side of a clay-based bank, or hill, proceed to line the hole with straw, then filled it with the sweet potatoes you wish to store, and finally cover it again with straw, and some soil. In the old days, the elders would place a simple roof over the hill. This method allowed them to eat sweet potatoes throughout the winter. As I usually like to do when I give a hint about foods, and vegetables is, to include a recipe with that food product. In this case, I will be providing a recipe for using sweet potatoes, however this particular idea would work just as well with any other type of potato as well. This recipe is called Hasselback Potatoes. It is simple to make, is attractive when placed on the table, and extremely tasty.



This is a perfect recipe for a light meal, or as an added item to a night of tapas. I continually challenge myself at making dishes which are unusual, and different. This easy side dish saves money, and offers a romantic dinner for two. Oh, and don't forget the candlelight.

Hasselback Potatoes were first introduced in Stockholm in the 1700s. They are named for the restaurant that originally served them.

Ingredients

2 large potatoes, sweet or otherwise

2 tablespoons of olive oil

2 tablespoons of butter, do not use margarine

Kosher salt and black pepper

2 sprigs of Fresh thyme

1 garlic clove sliced thin

Instructions

Wash the potatoes well, as your oven preheats placed to 400 degrees. Place the cleaned potatoes on a piece of parchment paper on a baking sheet. You will want to make 1/8" thick slices through the potato, without cutting completely through. We are not making potato chips, so be careful not to slice through it. One technique which works exceptionally well, is to cradle the potato between two wooden spoons. The wooden spoons will serve as a guide, enabling you to cut 1/8-inch thick slices, without cutting all the way through.

If it is an exceptionally large potato slice half, and then turn it around for the second half. Add some fresh, thinly sliced garlic, one or two into each potato slice. Next, melt 2 Tbsp of butter, mixed with an equal amount of olive oil. Whisk the butter into the olive oil. Brush the olive oil/butter mixture on the parchment paper, and pour the remainder of the mixture over the potatoes. Bake in the oven for one hour and ten minutes.

You can add just about any seasonings which suit your taste. I enjoy a touch of kosher salt and a sprinkle of freshly ground black pepper. Another popular herb to top your potatoes with is thyme. Additionally, you could sprinkle some parmesan cheese on the top. When finished, the potato should be slightly crispy on the outside, while tender on the inside.