
Yams, Carrots & Ginger

Adapted from "A Taste of Heaven and Earth" by Bettina Viteli.

Orange County Register

Internet Address:



3 pounds yams

4 medium carrots

a 3-inch knob of fresh ginger, cut into small coins

3 tablespoons unsalted butter

2 tablespoons soy sauce

1/2 cup milk

salt and pepper to taste

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>

Servings: 6

Three inches of ginger is a lot. If you don't like the spiciness or heat from it, reduce it by half. It's the ginger that "makes" this dish, though. The original recipe called for butternut squash, carrots and sweet potatoes. You can use your own combination of them based on availability or your taste.

1. Bring a large pot of water to a boil.
2. Meanwhile peel all the yams and cut into 2-inch pieces (approximately). Once water is boiling, drop the yam pieces into the water. Simmer for about 10 minutes. Check for doneness and continue simmering until they are nearly done. Add peeled carrots (also cut into 2-inch pieces) and simmer until vegetables are just soft.
3. Drain the vegetables.
4. Preheat oven to 300. In the bowl of a food processor drop the ginger through the feed tube until all of it has been reduced to tiny pieces. Add the sweet potatoes and carrots (in two batches) to the processor and whiz until the potatoes are smooth. Add half the milk, soy sauce and butter to each batch. Pour into a large bowl and combine both batches and stir until thoroughly mixed. Add salt and pepper to taste. Pour into a large casserole dish. Bake for 30 minutes until heated through. Serve immediately.

Per Serving (excluding unknown items): 355 Calories; 7g Fat (17.2% calories from fat); 5g Protein; 70g Carbohydrate; 11g Dietary Fiber; 18mg Cholesterol; 391mg Sodium. Exchanges: 4 1/2 Grain(Starch); 1 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat.