
Yellow Sweet Potato Gratin with Parm

Cooking Class with Phillis Carey, Nov. 2019



3 tablespoons unsalted butter, divided use
4 pounds sweet potatoes, yellow flesh, NOT orange
3/4 cup Parmigiano-Reggiano cheese, grated
2 cups heavy cream
1 teaspoon salt
1/2 teaspoon freshly ground black pepper
1/4 teaspoon cayenne

Per Serving (excluding unknown items): 416 Calories; 27g Fat (57.1% calories from fat); 4g Protein; 41g Carbohydrate; 5g Dietary Fiber; 93mg Cholesterol; 312mg Sodium. Exchanges: 2 1/2 Grain(Starch); 0 Non-Fat Milk; 5 1/2 Fat.

Carolyn T's Blog: tastingspoons.com

Servings: 8

1. Preheat oven to 400°F.
2. Heavily butter a 9x13 baking dish with 1 T. butter. Arrange a third of the yellow sweet potatoes, overlapping slightly, in the dish. Sprinkle with 1/4 cup cheese. Repeat with two more layers of sweet potatoes and cheese.
3. In a small, medium bowl combine cream, salt, pepper and cayenne. Pour over potatoes. Dot with remaining butter. Cover dish with foil and bake 20 minutes (or up to 30-40 if needed) until potatoes are not quite fork tender. Remove foil and continue baking until sweet potatoes are fully tender and top is browned, about 20-25 minutes.

NOTE: Casserole can be made ahead and refrigerated (covered). If doing so, remove from refrigerator at least an hour before baking. The casserole can sit at room temp for at least 20-30 minutes and still be hot enough to serve. Fresh minced rosemary can be added to the layers, if desired.