Sweet Potato Biscuits with Prosciutto and Cranberry Compote

From Tarla Fallgatter, cooking instructor, Dec. 2010



A tiny appetizer sandwich.

1 3/4 pounds sweet potatoes, red-skinned, peeled, 1/2 inch cubes

1 3/4 cups all-purpose flour

1 tablespoon brown sugar, packed

2 1/2 teaspoons baking powder

1 teaspoon salt

1/2 teaspoon baking soda

1 pinch cayenne

4 ounces unsalted butter, chilled, in 1/2 inch cubes

2 tablespoons melted butter

1/2 cup buttermilk

CRANBERRY COMPOTE:

2 cups fresh cranberries

1 cup maple syrup, use real maple syrup

2/3 cup dried cranberries

1/2 cup brown sugar, packed

ADDITIONS:

6 ounces prosciutto, or black forest ham

1/4 cup spicy hot and sweet mustard (quantity is an estimate)

1 cup arugula leaves (quantity is an estimate)

Per Serving (excluding unknown items): 341 Calories; 12g Fat (30.3% calories from fat); 8g Protein; 53g Carbohydrate; 3g Dietary Fiber; 36mg Cholesterol; 825mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 0 Non-Fat Milk; 2 Fat; 1 1/2 Other Carbohydrates.

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

Servings: 12

Biscuits are very tender and light. Biscuits may be made one day ahead (do not refrigerate them). Can also be made several hours ahead - cover with plastic wrap and leave out at room temp.

1. Cook the sweet potatoes in a pan of boiling, salted water until tender. Drain, cool and mash.
2. Preheat oven to 425°.
3. Place flour, brown sugar, baking powder, salt, soda and cayenne in owl of food processor. Add cold butter and pulse in. Whisk yams and buttermilk together and pulse into flour mixture. Turn dough out onto floured surface and pat into 1-inch thick round. Using a 1 1/2-inch round cutter, cut out biscuits (should have 24 total). Arrange on a cookie sheet (without sides - don't use a jelly roll pan), brush with melted butter and bake until puffed and golden on top, about 20 minutes. Cool slightly, then remove to a rack to cool completely.
4. Cut each biscuit in half horizontally, spread cranberry compote on top half and mustard on the bottom half. Fill with sliced prosciutto and arugula.
5. CRANBERRY COMPOTE: Combine all ingredients in a heavy pan. Stir over medium heat until sugar dissolves and mixture comes to a boil. Reduce heat to medium and simmer until berries pop - about 4 minutes. Cover and chill. Makes about 2 1/2 cups.

Yield: 24 pieces