

Sweet Potato and Coconut Pudding

Pudding aux Patates Douces et aux Noix de Coco

Sweet potatoes have been cultivated for food in the Americas for nearly 5,000 years. They grow abundantly in the West Indies, where they appear in many dishes, including this delicious tropical pudding.

1. Preheat oven to 400°F and butter a 6-cup ovenproof baking dish.
2. In a medium bowl, beat together sugar, sweet potatoes, coconut, cinnamon, nutmeg, and allspice until smooth. Add butter, milk, and the water, and beat thoroughly.
3. Add eggs to mixture, one at a time, beating after each addition until creamy and smooth.
4. Put mixture in prepared baking dish and bake about 30 minutes, or until golden brown.

servings: 8

½ cup sugar

1½ cups boiled, peeled, and mashed
sweet potatoes

1 cup freshly grated coconut, about ½
peeled fresh coconut

½ teaspoon ground cinnamon

¼ teaspoon ground or grated nutmeg

¼ teaspoon ground allspice

4 tablespoons (½ stick) butter, melted

¾ cup milk

½ cup water

2 eggs, lightly beaten