

# Sweet Potato Biscuits

Makes 8, 3-inch biscuits, 212 calories each

Connie made these for our cookbook group.

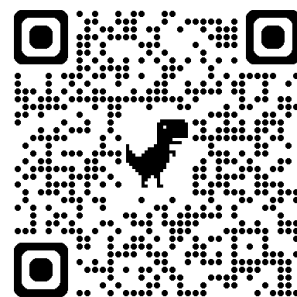
## Ingredients:

- 1 medium sweet potatoes
- 4 Tbsp. dark brown sugar
- 1 1/2 cups all-purpose flour
- 4 1/2 tsp. baking powder
- 1/4 tsp. salt
- 1/2 tsp. ground cinnamon
- 1/2 tsp. ground nutmeg (1/4 tsp. nutmeg + 1/4 tsp. mace)
- 1/2 tsp. lemon juice
- 8 Tbsp. unsalted butter
- 4 Tbsp. milk



## Equipment:

- Food processor
- Box grater
- Rolling pin
- 3" circle cutter
- Baking pan



### Sweet Potato Biscuits:

☑	Directions	Time (min)
	Preheat oven to 400 degrees. Place 2 sticks of butter in the freezer.	
	Wash potato and poke holes in it with a fork	2
	Microwave potato on high	3
	Test potato with a fork. Turn over and microwave in 30 second intervals until a fork passes easily all the way through	2
	In a bowl, sift together 1 1/2 cups flour, 4 1/2 tsp. baking powder, 1/4 tsp. salt, 1/2 tsp. cinnamon, 1/8 tsp. nutmeg, and 1/8 tsp. mace	5
	Grate 8 Tbsp. cold butter into the dry ingredients and toss to coat with your fingers. Place in the refrigerator	5
	Cut baked sweet potato in half and scoop out the pulp	2
	In a food processor, blend sweet potato, 4 Tbsp. brown sugar, 1/2 tsp. lemon juice and 1/4 cup milk. Process the pulp until smooth	2
	Add the liquid to the dry ingredients. Stir until blended.	2
	Lightly dust a work surface with flour	1
	Turn out the dough onto the floured surface. Knead until the dough comes together.	2
	Wrap in plastic and refrigerate	10
	Roll out the dough to 1/2" thickness	3
	Dip a 3" cutter into flour. Cut as many biscuits as possible and transfer them to an ungreased baking sheet.	5
	Gather uncut dough. Roll out again and form one more	2
	Bake until golden brown	14
	Total	1 hr.