Sweet Potato Pureé

Ingredients
(Serves 6)



6 medium-sized yams or sweet potatoes (about 2 lbs) freshly oven-baked
1 tsp salt
1/2 tsp turmeric
1/4 tsp paprika or 1/8 tsp cayenne pepper
1/4 tsp ground nutmeg or mace or 1/8 tsp ground ginger
4 tbsp orange juice
1/2 tsp orange zest
3 tbsp ghee or butter
1 1/2 tbsp brown sugar or jaggery
2 medium-sized Italian plum tomatoes, seeded and coarsely chopped
2 tbsp sliced almonds, toasted

Instructions

1. Cut and scoop out the yam or sweet potato pulp and mash with a potato masher or force thriugh a food mill or potato ricer. Add the salt, turmeric, paprika or cayenne, nutmeg, mace or ginger, orange juice and orange zest, and whisk with a fork until well blended.

2. Heat the ghee or butter in a 12-inch frying pan over moderate heat. Add the sweetener and cook until it caramelizes and turns reddish-brown. Drop in the tomatoes and cook, gently tossing, just until they soften and glisten.

3. Add the yams or sweet potatoes and, using the back of a wooden spoon, mash and blend the ingredients. When warmed throughout, serve on a warmed platter, garnished with toasted almonds.