

Boniato



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Description/Taste

Boniato sweet potatoes are medium to large in size and are roughly ovate and tubular with many lumps and tapered ends. The semi-rough skin is splotched with hues of dusty rose, light brown, and purple patches, and it is often speckled with small, shallow eyes and root hairs. The flesh is creamy white offering a fluffy, dry, and starchy texture when cooked, similar to that of a white potato. Unlike yellow and orange-fleshed sweet potatoes, the Boniato sweet potato is not as sweet. When roasted whole, its best flavorings evolve within its skin, emitting a subtle sweetness with notes of chestnuts.

Current Facts

Boniato sweet potatoes, botanically classified as *Ipomoea batatas*, are one of the most popular sweet potatoes in Latin America and Asia today. Also known as Batata, Cuban sweet potato, White sweet potato, Kamuras, and Camote, there are multiple varieties of Boniato sweet potatoes, each varying slightly in exterior coloring, growing season, and tolerance to pests and disease. In recent years, the Boniato has also become a significant commercial crop in Florida to meet the demand of an increasing population of Cubans in southern Florida.

Nutritional Value

Boniato sweet potatoes are an excellent source of vitamin C, vitamin A, potassium, fiber, and antioxidants.

Applications

Boniato sweet potatoes are best suited for cooked applications such as baking, steaming, boiling, sautéing, roasting, and frying. They are popularly enjoyed in empanadas or mashed croquettes stuffed with ground beef. Boniato sweet potatoes can also be mashed with fresh garlic for a savory side dish, or they can be cubed and roasted as a topping on flatbreads or a filling for tacos. They can also be pureed for use in soups, stews, puddings, pies, and muffins. Boniato sweet potatoes pair well with goat cheese, roast pork, grilled pork chops, raisins, pecans, bell peppers, eggplant, arugula, sage, and cilantro. Boniato sweet potatoes will keep for a few days when stored in a cool, dry, and dark place. Do not refrigerate Boniato sweet potatoes as this can cause them to deteriorate faster.

Boniato Sweet Potato Veggie Burgers

Crisp on the outside and moist in the middle, this sweet potato burger has a wonderful earthy flavor from rosemary & paprika.

Prep time 10 mins

Cook time 20 mins

Total time 30 mins

Serves: 8-12 mini-sliders, or 4-6 regular sized patties

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Ingredients

- 1 sweet potato, baked, peeled, and mashed
- 1/3 block of extra-firm tofu (from a 14 oz package)
- 1 tablespoon tahini
- 2 teaspoons maple syrup
- 1 garlic clove, minced
- 1 teaspoon minced rosemary
- 1 teaspoon paprika
- 1/2 cup panko (to roll the patties in before baking)
- Sea salt and fresh black pepper
- Slider or regular hamburger buns
- Whatever fixings you like on your burger: I had avocado, red onion & sprouts



Instructions

1. Preheat the oven to 425.
2. Place the mashed sweet potato in a bowl and crumble in the tofu with your hands.
3. Mash together with a fork until the tofu falls apart even more.
4. Mix in the tahini, maple syrup, garlic, rosemary, paprika, salt & pepper.
5. Form into patties. They will be messy; that's ok.
6. Put the panko on a plate and coat the outside of each patty with the crumbs.
7. Place patties on a baking sheet and bake for 15-20 minutes or until the edges are brown and crisp.
8. I turned the broiler on for the last 30-60 seconds to help the browning along.
9. You could also pan fry these in a skillet, but I baked them so they'd have less of a chance of falling apart.
10. Serve on buns with whatever fixings you like. Or serve without a bun over a mixed greens salad.

Recipe by Love and Lemons at <https://www.loveandlemons.com/sweet-potato-veggie-burgers/>