

Sweet Potato Polenta Mash

Change up the flavor of sweet potatoes with polenta!

Ingredients

1 tablespoon Extra Virgin Olive Oil
3 tablespoons Unsalted Butter
2 large Onions, roughly chopped
8 large Garlic Cloves, roughly chopped
5 ½ pounds Sweet Potatoes, peeled and cubed (about 6 potatoes)
1 cup Polenta Meal
3 cups Water + additional
¼ cup + 2 tablespoons Heavy Whipping Cream
2 ½ teaspoons Salt + additional
1 teaspoon Black Pepper or to taste
6 tablespoons finely sliced Green Onions + additional for garnish (Green Parts Only)

Special Equipment

Hand Blender

Preparation

Heat 1 tablespoon olive oil and 1 tablespoon unsalted butter in a large pot on medium-high heat. Add onions and a pinch of salt and sauté until very tender and caramelized, reducing heat if onions start to brown too quickly, about 15 minutes. Add garlic and sauté a few minutes longer. Remove from pot and set aside.

Place sweet potatoes in the same pot, cover with water and add a pinch of salt. Partially cover with lid and bring to a boil. Cook until very tender, about 30-40 minutes. Drain well. While potatoes are cooking place polenta and 3 cups of water in a small saucepan over medium-heat and cook until polenta is soft and tender, stirring often and adding additional water if needed, about 20 minutes. Set aside.

Drain potatoes, add 2 tablespoons butter, ¼ cup heavy whipping cream and blend until smooth using a hand blender. Stir in cooked polenta, 2 ½ teaspoons salt, black pepper, and green onions. Add 2 tablespoons additional cream or as needed for a smooth consistency. Adjust seasonings to your liking and serve.

Serves 4-6