

Batata (Hebrew), camote (Central America and Phillipines), cumar (Quechua, Peru), patate douce (Cajun), 甘薯 (gān shǔ, Mandarin), शकरकंद (shakarkand, Hindi), શકરકાંડ (Sakkariyā, Gujarati), mitatis (Ethiopia)



Sweet Potato

a taste of Latin America on the Floridian table

The sweet potato was domesticated in Central America more than 5,000 years ago, and the root is now cultivated and consumed in tropical regions throughout the world. They have a long culinary history in Southern American cuisine, particularly as sweet potato pie and candied with marshmallows. They grow well in a Florida home garden where vining and bush varieties thrive in hot and humid weather.

To learn more about Florida's culinary history, visit floridaheritagefoods.com

Young man holding sweet potato and checking quality



SWEET POTATO BREAD

120
MINUTES
TOTAL

4
TOTAL
SERVINGS



INGREDIENTS

- | | |
|------------------------------------|--|
| 1 cup finely mashed sweet potatoes | 1 teaspoon salt |
| 1 tablespoon warm water | 1 3/4 cups flour, or sufficient to make soft dough |
| 1/2 yeast cake | |

DIRECTIONS

1. Add the salt to the potatoes, and the yeast.
2. Put in the water and flour enough to make a smooth sponge (about a cupful).
3. Cover, and set in a warm place to rise.
4. When light, add the remainder of the flour or whatever is needed to make smooth, elastic dough.
5. Cover and let rise until light; mold; shape into loaves or rolls.
6. Let rise and bake.

Recipe adapted from Opie, Fred. 2015. Zora Neale Hurston on Florida Food: Recipes, Remedies & Simple Pleasures. The History Press. (p. 65)

FACTS

Sweet potatoes are consumed in a variety of ways throughout the world. They can be boiled, baked, fried, sauteed, mashed, and even fermented. Sweet potatoes are sometimes referred to as 'yams' in the South, yet they are not related to true yams.

Sweet potatoes are rich in vitamins A and C, iron, calcium, and carbohydrates.

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