



Yam It Up

ROASTED YAMS WITH PEARS

2 tbsp (25 mL) oil	4 cups (1 L) cubed peeled yams (1 inch/2.5 cm)
1 tsp (5 mL) dry mustard	2 firm ripe pears
1/2 tsp (2 mL) ginger	1 tbsp (15 mL) oil
1/4 tsp (1 mL) cayenne pepper	
1/4 tsp (1 mL) salt	

Grease a rimmed baking sheet or line with nonstick foil. Combine 2 tbsp (25 mL) oil, dry mustard, ginger, cayenne pepper and salt in a bowl. Add yams and toss until coated. Place yams in a single layer in prepared pan. Bake, uncovered, at 400°F (200°C), stirring occasionally, for 25 minutes or until yams are almost tender. Meanwhile, halve and core pears. Cut each pear half into 4 wedges. Toss pears with 1 tbsp (15 mL) oil until coated. Remove pan from oven. Add pears to yams and continue baking for 10 - 15 minutes or until pears and yams are tender. Serves 4.

ZESTY YAM BISQUE

5 cups (1.25 L) cubed peeled yams	1/4 tsp (1 mL) salt
4 cups (1 L) canned chicken broth	1/4 tsp (1 mL) freshly ground pepper
1 cup (250 mL) chopped onion	1/8 tsp (0.5 mL) cayenne pepper
2 cloves garlic, finely chopped	1 1/3 cups (325 mL) milk
1/2 tsp (2 mL) chili powder	Fresh thyme, optional
1/4 tsp (1 mL) cumin	Yogurt, optional

Combine first 9 ingredients (yams through cayenne pepper) in a large saucepan. Bring to a boil over medium heat. Reduce heat; cover and simmer until yams are tender, about 15 minutes. Puree soup in batches in a blender. Return soup to saucepan. Stir in milk and heat to serving temperature. Do not boil. Serve topped with thyme and a drizzle of yogurt. Serves 4 - 6.

CORIANDER BAKED YAMS

10 cups (2.5 L) cubed peeled yams (1 inch/2.5 cm)	1 tbsp (15 mL) grated orange peel
1/3 cup (75 mL) butter	1 1/2 tsp (7 mL) grated lemon peel
1 tbsp (15 mL) coriander	1/2 tsp (2 mL) salt
1 tbsp (15 mL) packed golden brown sugar	1/8 tsp (0.5 mL) cayenne pepper
	2 tbsp (25 mL) chopped fresh parsley

Cook yams in boiling salted water until tender, about 20 minutes; drain thoroughly. Melt butter in a small saucepan over low heat. Stir in next 6 ingredients (coriander through cayenne pepper). Cook, stirring frequently, until mixture is fragrant, about 2 minutes. Pour butter mixture over yams and toss to coat. Spoon mixture into a greased 9x13 inch (23x33 cm) baking dish. May be prepared to this point and refrigerated for up to 24 hours. Remove from refrigerator and let stand for 20 - 30 minutes. Bake, uncovered, at 350°F (180°C) for 30 - 35 minutes or until heated through and lightly browned. Sprinkle with parsley. Serve immediately. Serves 10 - 12.

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YAM BRULEE

10 cups (2.5 L) peeled yam chunks	3/4 tsp (3 mL) cinnamon
3/4 cup (175 mL) homo milk	1/4 tsp (1 mL) cayenne pepper
1/4 cup (50 mL) butter, cubed	1/4 tsp (1 mL) nutmeg
3/4 tsp (3 mL) salt	1/2 cup (125 mL) packed golden brown sugar

Cook yams in boiling water until tender, about 20 minutes; drain thoroughly. Transfer yams to a food processor and puree, in batches if necessary. Transfer puree to a bowl. Stir in next 6 ingredients (milk through nutmeg) until butter is melted. Spoon mixture into a greased 2 quart (2 L) baking dish. Cover with foil. May be refrigerated for up to 24 hours. Bake, covered, at 350°F (180°C) for 30 minutes or until heated through. Uncover; sprinkle brown sugar evenly over top. Broil 4 - 5 minutes or until sugar is melted and bubbly. Serves 8 - 10.

BAKED YAM WEDGES

4 small yams, peeled	1/2 tsp (2 mL) salt
2 tbsp (25 mL) oil	1/2 tsp (2 mL) cayenne pepper
1 tsp (5 mL) paprika	

Cut each yam into finger-size pieces. There should be about 6 cups (1.5 L). Combine oil, paprika, salt and cayenne pepper in a heavy plastic bag. Add yams and squeeze bag to coat yams with seasoning mixture. Remove yams from bag and place in a single layer on a greased jelly-roll pan. Bake, stirring occasionally, at 400°F (200°C) until yams are browned and crisp, about 40 - 45 minutes. Serves 4 - 6.

BAKED YAM CRUNCH

12 cups (3 L) peeled yam chunks	3/4 tsp (3 mL) salt
1/2 cup (125 mL) butter, cubed	1/4 tsp (1 mL) maple extract
1/2 cup (125 mL) maple-flavoured pancake syrup	Crunchy Pecan Topping, recipe follows
2 tsp (10 mL) vanilla	

Cook yams in boiling water until tender, about 20 minutes; drain thoroughly. Transfer yams to a food processor and puree, in batches if necessary, with butter, syrup, vanilla, salt and maple extract. Spread mixture in a greased shallow 3 quart (3 L) baking dish. May be prepared to this point and refrigerated for up to 24 hours. Sprinkle with Crunchy Pecan Topping. Bake at 350°F (180°C) for 40 - 45 minutes. Place under broiler and broil until topping is golden brown. Watch carefully to avoid burning. Let stand 5 minutes before serving. Serves 10 - 12.

Crunchy Pecan Topping: Combine 1/3 cup (75 mL) flour and 1/3 cup (75 mL) packed golden brown sugar. Using a pastry blender, cut in 1/3 cup (75 mL) chilled butter, cubed, until crumbly. Stir in 1/2 cup (125 mL) coarsely chopped toasted pecans. Topping may be refrigerated for up to 24 hours.

MAPLE GLAZED CHICKEN WITH YAMS

1 broiler chicken (3 lb/1.5 kg)	8 cups (2 L) peeled yam chunks
Salt	1 tbsp (15 mL) oil
Freshly ground pepper	1/3 cup (75 mL) maple-flavoured pancake syrup
1 tbsp (15 mL) butter, cut into small pieces	2 tbsp (25 mL) brandy

Place chicken, breast side up, in a large roasting pan. Sprinkle with 1/4 tsp (1 mL) each salt and pepper. Dot with butter. Combine yams, oil, 1/2 tsp (2 mL) salt and 1/4 tsp (1 mL) pepper. Arrange yams around chicken. Roast at 425°F (220°C) for 30 minutes. Meanwhile, to prepare glaze, combine syrup, brandy and 1/2 tsp (2 mL) pepper. Remove pan from oven. Drizzle 1 tbsp (15 mL) glaze over yams and use remaining glaze for basting chicken. Baste chicken with 2 tbsp (25 mL) glaze. Return pan to oven. Continue roasting, stirring yams and basting chicken with remaining glaze twice during cooking, until chicken is cooked through and yams are tender, about 30 minutes. A meat thermometer inserted into chicken should register 180°F (82°C). Let chicken stand for 10 minutes before carving. Carve chicken and serve with yams. Serves 4.