



Recipes

CARIBBEAN YAMS

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| 1/4 cup (50 mL) packed golden brown sugar | 1 tsp (5 mL) pineapple juice or lime juice |
| 2 tbsp (25 mL) butter, melted | 1/4 tsp (1 mL) vanilla |
| 1 tbsp (15 mL) chopped fresh cilantro | 4 cups (1 L) sliced peeled yams (1/4 inch/6 mm) |
| 1 tsp (5 mL) ground ginger | 2 tbsp (25 mL) oil |
| 1 tsp (5 mL) fancy molasses | |

Combine first 7 ingredients (brown sugar through vanilla) in a small bowl; set aside. Combine yams and oil in a heavy plastic bag. Squeeze bag to coat yams with oil. Remove yams from bag. Place yams on a grill topper or directly on barbecue grid. Grill yams over low heat on natural gas barbecue, turning over occasionally, until tender, about 10 - 15 minutes. Transfer to a serving dish. Drizzle brown sugar mixture over yams and toss to coat. Serves 6.