

Southern Candied Yams

From the Kitchen of [Deep South Dish](http://deepsouthdish.com)

INGREDIENTS

- 3 pounds raw sweet potatoes, about 4 medium, cooked
- 1 teaspoon kosher salt, or to taste
- 1/3 cup water
- 1/2 cup granulated sugar
- 1/2 cup light brown sugar
- 1/4 teaspoon each ground cinnamon and freshly grated nutmeg
- 1/8 teaspoon ground ginger
- 1/4 teaspoon freshly cracked black pepper, optional
- 1/2 cup (1 stick) unsalted butter

INSTRUCTIONS

1. Preheat oven to 350 degrees F. Butter a 1-1/2 quart or 8 x 8 inch baking dish; set aside.
2. Peel and slice or cut cooked sweet potatoes into chunks and layer into prepared dish, seasoning with salt in between layers.
3. Place water and sugars into a saucepan and bring to a boil, stirring regularly, for about 3 minutes, or until sugars are well dissolved.
4. Add the spices, pepper and butter; stir in until butter is completely melted.
5. Pour mixture over the sweet potatoes and gently toss to coat all of the pieces; taste and adjust for seasonings.
6. Bake, uncovered, at 350 degrees F for about 35 minutes or until fork tender, basting several times using a spoon or a bulb baster, to avoid breaking up the sweet potatoes. Remove and baste again before serving.

NOTES

Boil sweet potatoes whole and unpeeled until tender, about 10 minutes, or may also bake at 400 degrees F for about 45-50 minutes, or just until fork tender. Actual times will be dependent on size. You want them tender but not mushy. Set aside until cool enough to handle for peeling and slicing. May be prepared in advance. I prefer to use a light brown sugar, but if you like a heavier molasses flavor, use dark. I also use unsalted butter. If you use salted butter, take care with additional salt, adjusting as needed, to taste. Double in a 9 x 13-inch baking dish for the holidays.

Source: <http://deepsouthdish.com>

Slow Cooker: Peel and carefully slice raw sweet potatoes; add to slow cooker. Prepare syrup as above and pour over sweet potatoes. Toss, cover and cook on low for 6 to 8 hours, checking first at 4 hours, or until tender, gently tossing several times.

Stovetop: Peel and carefully slice raw sweet potatoes and place into a large skillet. Prepare the syrup as above and pour all over the sweet potatoes. Toss, cover and cook over very low for about 1 hour, or until tender, gently stirring several times.

For Praline Yams: Add 1/2 cup of chopped pecans to the syrup and pour over the cooked sweet potatoes; toss and bake as above.

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