Sweet potatoes baked in aluminium foil and served with a ham and sour cream sauce

Recipe by V-ZUG LTD



Preparation	20 Mins
Cooking time	1 Hrs
Portions	4
Appliance	Combair-Steam SL from 2015

Sweet potatoes

4 sweet potatoes, each about 250 g

4 bay leaves

Wash the sweet potatoes and put in the perforated cooking tray. Put the tray into the cold cooking space. Steam.

Steaming 100 °C for 20 Mins

Prepare

Take out the sweet potatoes and wrap individually, together with a bay leaf, in aluminium foil. Put the sweet potatoes back into the perforated cooking tray. Bake.

Put the pastry in

Hot air 200 °C for 40 Mins

Take the sweet potatoes out of the aluminium foil.

Ham and sour cream sauce

1 tbsp olive oil

150 g diced ham

1 spring onion

200 g sour single cream

1 bunch of parsley, flat-leaved

2 tbsp lemon juice

Salt

Pepper

For the sauce, heat up the olive oil, add the diced ham and fry briefly. Slice the spring onion into rings, add them to the pan, fry briefly and then remove from the heat.

Chop the parsley and add to the diced ham along with the sour single cream and the lemon juice. Mix well. Season the sauce with salt and pepper and serve with the sweet potatoes.

Accessories

Perforated cooking tray

Additional information

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