Sweet potato, thyme, maple syrup and pecan mash

Receta de V-ZUG AG



Preparación	
Tiempo de cocción	
Porciones	4

Preparation

600 g sweet potatoes

Peel the sweet potatoes, cut into 2 cm thick slices and put into the perforated cooking tray.

Place the cooking tray on the hardened glass dish in the cold cooking space. Steam.

Vapor Power 100 °C durante 16 Min.

1 tbsp olive oil

Take the steamed sweet potatoes out of the cooking space, put them to a frying pan and lightly brown in olive oil.

4 tbsp butter, liquid

1 tsp nutmeg, grated

5 sprigs of thyme

2 tbsp maple syrup

30 g pecan nuts

Salt

Pull the thyme leaves off the stalks and chop. Dry-roast the pecan nuts fat in a pan, then chop coarsely.

Transfer the browned sweet potatoes to a bowl. Mash with a potato masher and mix in the other ingredients. Season with salt to taste.

Accesorios

Hardened glass dish

Plastic perforated cooking tray ⅓ GN, depth 52 mm

Información complementaria

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