
Sweet Potatoes with Cashews



from the kitchen of Ruth Bancroft

Syrup

- 1½ c light brown sugar
- 6 T. hot water
- 1½ T. lemon juice
- 1¼ t. grated lemon rind
- ½ t. salt
- ¼ t. cinnamon

Layer into buttered casserole

7 precooked, peeled + thickly sliced sweet potatoes
+ above syrup. Sprinkle each layer with part of

- ½ c. chopped cashews

Top with layer of nuts. Heat till bubbling at 350° 15-20 minutes or until potatoes have absorbed part of syrup.

Handwritten Notes by Ruth

- make more syrup – it's too dry – try 1 ½ times. O.K. '67
- 2½# [of potatoes] in '64, 3# in '65
- I chopped 1 c. cashews, used about ¾ c.
- '71 – for 5 of us – 2# potato, 1 recipe syrup
- '72 – cooked + peeled potatoes day before. Plastic bag in refig. Also made sauce + chopped nuts. Combined 4 hours before eating + left out, covered. OK
- '74 (for 11) Used 4# sweet potatoes, +2x syrup recipe (3c. brown sugar) green casserole too big? Filled only to 2" from top.
- '75 Smaller brown casserole is right for above amount.
- '76 – for 12. 4# yams 2x syrup – 4oz. bag of cashews (3/4 c. whole) OK.
could have used less syrup