



Sweet Potato Salad with Orange Maple

Dressing

5pm - 6pm | 03.25.2021 *Recipe: Toni Tipton Martin*

Serves 6 / Prep time 25 minutes / Cook time 10-15 minutes

CLASS FOCUS: We will talk about maple syruping in New England, and this recipe as a non-traditional take on a popular American staple, the potato salad.

INGREDIENTS

- 3 pounds sweet potatoes, peeled and cut into 3/4-inch cubes
- 1/2 cup extra-virgin olive oil
- 2 tablespoons maple syrup
- 1/4 cup fresh orange juice (from 1 orange)
- 2 tablespoons balsamic vinegar
- 2 tablespoons minced fresh ginger
- 1/4 teaspoon ground of freshly grated nutmeg
- 1/2 cup chopped scallions (about 3 stalks)
- 1/2 cup chopped fresh flat-leaf parsley
- 1/4 cup coarsely chopped toasted pecans
- 1/4 cup golden raisins
- 1/4 cup dark raisins
- 1/4 teaspoon kosher salt, or more as needed
- Freshly ground black pepper

DIRECTIONS

- **Step 1 Cook the potatoes** In a large pot, combine the sweet potatoes and enough lightly salted water to cover. Bring to a boil, then reduce the heat and cook until just tender, about 10 minutes. Drain and allow the potatoes to cool to room temperature, then transfer to a large bowl.
- **Step 2 Make the dressing** In a small bowl, whisk together the oil, maple syrup, orange juice, vinegar, ginger, nutmeg and the 1/4 teaspoon of salt.

- **Step 3 Assemble the salad** Add the scallions, parsley, pecans and raisins to the sweet potatoes and toss to combine. Gently stir in the dressing, tossing just until combined. Season lightly with salt and pepper.
- **Step 4** Refrigerate until ready to serve.

TOOLS

- Large saucepan 3- 5 qt
- Chef's knife
- A large bowl with a lid or saran wrap
- Measuring + wooden spoons
- Box grater
- Whisk
- Cutting board
- 3-4 small bowls
- 1 medium bowl for trash



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