

## Sweet Potato Biscuits



Recipe Rating	
Total Time	80 minutes
Cooking Time	55 Minutes
Total Labour	25 minutes
Knife Skills	Basic

Equipment
Cutting board
Peeler
Potato Masher/Mixer
Whisk
4 oz scoop
½ size – 2" deep production pans
Bulk Retherm Cart (or regular oven) <b>or</b> Tray Service Retherm Cart

Nutrition Facts	
Valeur nutritive	
Per 1 serv (76g) / par 1 serv (76g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories / Calories</b>	<b>180</b>
<b>Fat / Lipides</b> 5g	<b>8%</b>
Saturated / satures 3g	
+ Trans / trans 0g	<b>15%</b>
<b>Cholesterol / Cholesterol</b>	<b>10mg</b>
<b>Sodium / Sodium</b> 350mg	<b>15%</b>
<b>Carbohydrate / Glucides</b> 29g	<b>10%</b>
Fibre / Fibres 1g	<b>6%</b>
Sugars / Sucres 6g	
<b>Protein / Proteines</b>	<b>4g</b>
Vitamin A / Vitamine A	
Vitamin C / Vitamine C	<b>8%</b>
Calcium / Calcium	<b>6%</b>
Iron / Fer	<b>10%</b>

	24 Portions		48 Portions	
	Metric	Standard	Metric	Standard
Sweet Potatoes	600 g	1.3 lbs	1.2 kg	2.6 lbs
Melted butter or vegetable oil	250 ml	8.5 fl oz	500 ml	16.7 fl oz
Brown sugar	90 g	3.2 oz	180 g	6 oz
All-purpose flour	630 g	1.39 lbs	1.25 kg	2.8 lbs
Baking powder	30 g	1 oz	60 ml	4 tbsp
Baking soda	6 g	1 tsp	10 ml	2 tsp
Salt	10 g	1.5 tsp	14 ml	1 tbsp
Ground cinnamon	1 g	½ tsp	6 ml	1 tsp
Buttermilk: To make your own buttermilk; mix 1T	325 ml	11 Fl oz	650 ml	

### Method



1. **Prepare sweet potato mash:** Peel and cut sweet potatoes into 1" pieces. Place in production pan and cover with water. Cover with plastic wrap and aluminum foil. Place in Multigen for 75 minutes. Remove potatoes from Multigen and drain off water. Using a mixer or masher,



2. In large bowl, mix butter, brown sugar, 500 g sweet potato mash until smooth.



3. In another bowl, sift together flour, baking powder, baking soda, salt and cinnamon.



4. Mix in the dry ingredients and buttermilk, starting and ending with the dry ingredients.



5. **Bulk:** Use 4 oz scoop to portion dough into pans prepared with cooking spray. Place in Multigen for 55 minutes.

**Cold plating:** Scoop raw dough onto small plate or muffin liner. Place on the hot side of the tray prior to service.