



## Yams with Crispy Skins and Brown-Butter Vinaigrette

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



335 kcal

SIDE DISH

### Ingredients

- ☐ 1 teaspoon kosher salt for seasoning
- ☐ 1 tablespoon dijon mustard
- ☐ 1 garlic clove peeled
- ☐ 1.5 tablespoons red wine vinegar
- ☐ 1 small shallots peeled
- ☐ 1 cup butter unsalted (2 sticks)
- ☐ 8 servings vegetable oil for frying

- ☐ 8 medium cubes red-skinned sweet potato dried rinsed (red-skinned sweet potatoes; 5 pounds total)

## Equipment

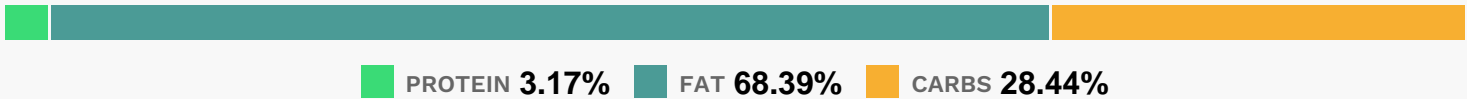
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ slotted spoon
- ☐ kitchen scissors

## Directions

- ☐ Preheat oven to 400°F. Pierce each yam in several places with fork.
- ☐ Place directly on oven rack and roast until just tender, 40 to 50 minutes, depending on size of yams.
- ☐ Transfer roasted yams to work surface. Using scissors, cut off ends of each yam, then cut skin on 1 long side and peel off in 1 piece, being careful not to break warm yams.
- ☐ Let yams cool to room temperature. Tear or cut skins into long ribbons, about 1 inch wide.
- ☐ Cut yams crosswise into 1/2-inch thick rounds. Arrange rounds, slightly overlapping, in 13 x 9 x 2-inch glass baking dish or other ovenproof dish. Cover yams with aluminum foil to keep moist. DO AHEAD: Yams can be made up to 3 hours ahead.
- ☐ Let stand at room temperature. Rewarm yams in 350°F oven 15 to 20 minutes before serving.
- ☐ Melt butter in large skillet over medium heat. Cook until butter browns (milk solids will turn deep golden brown), stirring occasionally, 8 to 10 minutes. Carefully pour butter, including all brown milk solids, into small bowl.
- ☐ Blend shallot, garlic, and 1 teaspoon coarse salt in processor until smooth, occasionally scraping down sides of bowl.
- ☐ Add Dijon mustard, then red wine vinegar. With motor running, gradually drizzle in butter (including browned milk solids). Season vinaigrette to taste with pepper and additional salt, if desired. DO AHEAD: Vinaigrette can be made 1 hour ahead.

- ☐ Let stand at room temperature.Blend again 5 seconds before using.
- ☐ Pour enough vegetable oil into largedeep skillet to reach depth of 1 inch. Attachdeep-fry thermometer to side of skillet andheat oil to 350°F.
- ☐ Add yam skins in batches(oil will bubble up) and fry until skins arecrisp and brown, stirring occasionally,about 3 minutes. Using slotted spoon,carefully transfer yam skins to papertowels to drain.
- ☐ Sprinkle skins with coarsesalt and pepper.
- ☐ Spoon vinaigrette over potatoes. Scattercrisp skins over and serve.
- ☐ Garnet yams, a type ofsweet potato, are known for their moist,succulent texture. They can be found atmany supermarkets.
- ☐ Bon Appétit

## Nutrition Facts



## Properties

Glycemic Index:11.5, Glycemic Load:0.17, Inflammation Score:-10, Nutrition Score:13.418695670107%

## Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 335.29kcal (16.76%), Fat: 26.05g (40.08%), Saturated Fat: 15.05g (94.04%), Carbohydrates: 24.38g (8.13%), Net Carbohydrates: 20.43g (7.43%), Sugar: 7.68g (8.53%), Cholesterol: 61.01mg (20.34%), Sodium: 356.14mg (15.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.72g (5.43%), Vitamin A: 22619.1IU (452.38%), Manganese: 0.59mg (29.65%), Vitamin C: 22.73mg (27.55%), Vitamin B6: 0.34mg (17.18%), Potassium: 564.22mg (16.12%), Fiber: 3.95g (15.8%), Vitamin E: 1.7mg (11.37%), Vitamin B5: 1.06mg (10.56%), Copper: 0.19mg (9.69%), Vitamin K: 9.82µg (9.35%), Vitamin B1: 0.13mg (8.64%), Vitamin B3: 1.73mg (8.63%), Magnesium: 33.12mg (8.28%), Vitamin B2: 0.13mg (7.81%), Phosphorus: 73.07mg (7.31%), Calcium: 53.49mg (5.35%), Iron: 0.88mg (4.9%), Vitamin D: 0.43µg (2.84%), Zinc: 0.42mg (2.81%), Folate: 8.9µg (2.22%), Selenium: 1.24µg (1.77%)