

This recipe calls for sherry, but a good liquor such as Armagnac or Calvados is fine. Although a side dish, this is really just as good for dessert. The optional cayenne adds a little kick to the topping. Rhonda says you can use fresh or canned sweet potatoes.

RHONDA'S SWEET POTATO SOUFFLÉ

This recipe calls for sherry, but a good liquor such as Armagnac or Calvados is fine. Although a side dish, this is really just as good for dessert. The optional cayenne adds a little kick to the topping. Rhonda says you can use fresh or canned sweet potatoes.

- 4 cups sweet potatoes, mashed
- 3 Tbsp. sherry
- ¼ tsp. sea salt
- ½ cup melted butter
- 2 eggs, beaten
- ½ cup maple sugar

Combine ingredients in a medium bowl and beat until fluffy. Pour into a greased 9x13-inch pan or a 3-quart Pyrex baking dish.

Topping:

- 1 cup chopped pecans
- 1 cup maple sugar
- ½ cup sprouted spelt
- ½ cup butter, diced
- 1/8 tsp. cayenne, if desired

Combine maple sugar, sprouted spelt and butter. Cut the butter into sugar/flour mixture with a pastry cutter or fork until the butter is the size of peas. Add the chopped pecans and cayenne, spread evenly over the top of the mashed sweet potatoes.

Bake at 350°F for about 45 minutes or until the topping is toasty brown and knife comes out clean from the filling. Remove from the oven and serve hot.

See also, [Southern Sweet Potato Casserole](#)