

2007: Grilled Sweet Potatoes with Balsamic Glaze

Sean first incorporated this recipe into his Thanksgiving menu in 2004 and it remains one of his favorite ways to prepare sweet potatoes.

Happy Thanksgiving!

Yield: 8 servings

INGREDIENTS:

8 Sweet Potatoes (about 4 lbs)
1 Tablespoon Cold Butter
1 Cup Balsamic Vinegar
2 Tablespoons Olive Oil
¼ Cup Sugar

DIRECTIONS:

Scrub potatoes. Place in a large pot and cover with cold water. Bring water to a boil, reduce heat and simmer until almost tender, about 40 min. (a bit undercooked). Drain, peel and set aside.

Combine vinegar and sugar in a small saucepan over high heat. Simmer mixture until it is thick and syrupy, or reduced by half, about 10 min. Remove from heat, add butter, and cool.

Heat grill or broiler to high. Cut sweet potatoes into ½ in slices. Brush tops with oil and place brushed side down, about 2 min. on grill. While cooking, brush other side with remaining oil and turn. Grill 2 min. more. Brush grilled sweet potatoes with vinegar glaze and serve.