

## Seasonal Eating



# Lemon Glazed Sweet Potatoes

6 medium sweet potatoes (about 4 pounds)  
3/4 cup water  
1/3 cup sugar  
1/3 cup brown sugar  
1/2 teaspoon salt  
3 tablespoons lemon juice  
1/2 teaspoon nutmeg  
3 tablespoons butter, divided  
1 tablespoon finely shredded lemon zest

In a large pot, place potatoes with enough water to cover. Bring to boiling. Reduce heat, simmer 10-12 minutes or just until potatoes are tender but not soft. Drain potatoes and let cool. Meanwhile in non-reactive saucepan, combine the water, sugars and salt. Bring to boiling, stirring just until sugars are dissolved. Simmer 8 minutes and then remove from heat. Stir in lemon juice, nutmeg and 2 tablespoons of the butter. Butter a large shallow glass or ceramic baking dish with remaining butter. Peel potatoes, cut crosswise into 3/4 inch thick slices. Arrange slices in single layer in baking dish. Pour lemon syrup over. Bake at 350 degrees for 40-50 minutes, basting occasionally, until potatoes are well-glazed and begin to caramelize on edges. Remove from oven and cool slightly before serving. Serve hot or warm garnished with lemon peel.