

Seasonal Eating
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Hasselback Sweet Potatoes
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Hasselback potatoes are accordion cut potatoes bathed in butter and sprinkled with breadcrumbs and baked until crispy on the outside and creamy in the center. It is a technique that comes from Sweden and the Hasselbacken Restaurant in Stockholm. The slicing creates a mixture of a baked potato and the crispiness of roasted potatoes. They are fancy looking but relatively simple to make.

So I had some sweet potatoes and decided to give this technique a try. The result was absolutely yummy! Sweet and melting in the middle with the crispy skin around the edges of the slices - I ate every little slice. The toasted walnuts give it an acidic crunch that is very complementary.



There are only two things to remember. First, make it easy on yourself when cutting the potatoes. You need thin (1/8" or so) slices that don't go all the way through the potato. Hence, two long handled wooden spoons. Place one on each long side of the potato and cut away. The handles stop you from cutting all the way down. Perfect. Number two is that sugar and molasses burn at 425 degrees pretty quickly. So add the sugar glaze right at the end. So our basting comes in three steps - two with butter and spices, 20 minutes apart and then a final brushing of sugary sweetness at the very end.

So when it comes to spicing up your sweet potatoes, you can use what you like. I used a Chinese five spice. This is a mixture of cinnamon, fennel, cloves, star anise and pepper. It comes all mixed together and can be used in sweet or savory dishes. If you have not tried this mixture it is wonderful to use in cinnamon rolls, in cranberry sauce or on pork that you are going to roast. You could certainly just use the cinnamon or add a little cloves or nutmeg which all pair really well with sweet potatoes.

There are many variations on Hasselback potatoes and Hasselback sweet potatoes from cheesy to garlicky to sweet. Take your pick and give these accordion style potatoes a try!

Visit the Bedford County Extension website for more recipes and information about seasonal eating (bedford.tennessee.edu).

Hasselback Sweet Potatoes

1 long sweet potato

3 tablespoons butter, divided

1/2 teaspoon five spice powder

1/2 teaspoon ground cinnamon

1 tablespoon molasses

1 teaspoon brown sugar

Pinch kosher salt

1/4 cup chopped, toasted walnuts

Wash and dry the potato. Place the potato between the handles of two long wooden spoons. Cut 1/8" slices across the potato down to the spoon handles (this keeps the potato still intact). Place on a baking sheet. Melt 2 tablespoons of the butter and add the five spice powder and cinnamon. Brush about 1/2 onto the potato. Bake at 425 degrees for 20 minutes. Brush again with remaining butter mixture, getting into the slices as they start to open up. Bake again for 25 more minutes or until tender. Melt the remaining tablespoon of butter and add the molasses, brown sugar and salt. Brush over potato, getting as much as possible into the slices. Bake for 5 more minutes. Remove to serving plate and sprinkle with walnuts.