



## East African Sweet Potato Pudding

Yield: 8 servings

From *"The New African-American Kitchen"* by Angela Shelf Medearis, Lake Isle Press, 2008



Dara O'Brien

### INGREDIENTS

- 1 quart water
- 6 medium sweet potatoes (2 pounds), peeled and cut into 1/2-inch cubes
- 3 cups milk
- 1 cup heavy cream
- 1/2 cup sugar
- 1/2 teaspoon ground saffron
- 1/2 teaspoon ground cardamom

### PREPARATION

1. In a heavy saucepan, boil the 1 quart water. Drop in the sweet potatoes. Cook the potatoes, uncovered, until tender, 25 to 30 minutes. Drain the potatoes in a sieve or colander and return them to the pan. Add the milk, cream, sugar, saffron, and cardamom. Stirring frequently with a wooden spoon, bring the mixture to a boil over moderate heat.
2. Reduce the heat to low and simmer, uncovered, about 1 hour, stirring often. The pudding is done when it is smooth and is thick enough to hold its shape almost solidly in the spoon.
3. With the back of the spoon, rub the pudding through a fine sieve into a serving bowl. Refrigerate the pudding until cool. Before serving, sprinkle the top with a little additional ground cardamom.

#### THE NEW AFRICAN-AMERICAN KITCHEN By Angela Shelf Medearis (The Kitchen Diva!)

Chef, author, and culinary historian Angela Shelf Medearis, also known as the Kitchen Diva, presents a compilation of over 200 traditional recipes with African-American roots. These authentic recipes originated in slave quarters, plantations, church suppers, and inter-generational family kitchens. With dishes from Africa, the Caribbean, and the Americas, *The New African-American Kitchen* presents each recipe with its cultural context, and includes incisive overviews of the African kitchen and the roots of soul cooking, Caribbean culinary history, and the contributions to the America's culinary heritage made by slave cooks. Published in 2008, *The New African-American Kitchen* deepens our understanding of the rich Black culinary traditions that continue to shape American and global cuisine.

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