



## Recipes

### Stokes Purple® Sweet Potato Salad with Chipotle Vinaigrette

5 Stokes Purple® Sweet Potatoes, washed  
Chipotle Vinaigrette (recipe below)  
1 bunch fresh chives, finely chopped

Wrap each potato in plastic film wrap and then in foil. Bake in a 350-degree oven for 2 hours. Allow cooked potatoes to cool, but do not unwrap them. Once cooled, remove the foil, but leave the film wrap on and place potatoes in the refrigerator overnight.

After the wrapped sweet potatoes have been refrigerated overnight, unwrap and chop into 1-inch cubes. Toss in Chipotle Vinaigrette dressing and garnish with chopped chives. Serves 10.

#### Chipotle Vinaigrette

½ cup apple cider vinegar  
2 tablespoons Dijon mustard  
1 ½ teaspoon juice from a 7 oz can of chipotle chiles in adobo sauce  
1 chipotle chile (from can), finely chopped  
¾ cup extra virgin olive oil  
1 shallot, chopped  
Salt to taste

In the container of a food processor or blender add the apple cider vinegar, Dijon, and chipotle juice. Blend until mixed, about 30 seconds. On low speed, slowly drizzle in the olive oil until the mixture is emulsified. Turn off the blender and add the chopped chipotle chile, shallots and salt to taste.

Source: Frieda's Inc.

## Stokes Purple® Sweet Potato Mash

4 tablespoons unsalted butter (vegan butter, if desired to be dairy free)  
1 cup whole milk (unsweetened soy milk, if desired to be dairy free)  
1/2 cup heavy cream (dairy free heavy cream = 12 ounce block of silken tofu and 1/2 cup of plain soy milk. Blend in blender until thick and creamy and there are no more lumps )  
1 tablespoon chipotle in adobo puree  
5 large Stokes Purple® Sweet Potatoes boiled until just cooked through, and peeled  
2 tablespoons pure maple syrup  
2 tablespoons agave  
1 teaspoon ground cinnamon  
Salt and freshly ground black pepper



Combine the butter, milk, cream and chipotle puree in a small saucepan and bring to a simmer. While the potatoes are hot, run them through a ricer into a large bowl. Add the warm milk mixture, syrup, agave, cinnamon and salt and pepper and mix until combined.

Source: Frieda's Inc.

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## Purple Sweet Potato Bisque

3 cups leftover purple sweet potato mash  
1 1/2 to 2 cups vegetable broth  
1/2 teaspoon ground ginger  
1/2 teaspoon allspice  
1/2 teaspoon freshly grated nutmeg  
1/2 cup sour cream (vegan sour cream, if desired to be dairy free)  
2 teaspoons chipotle in adobo puree  
Salt and freshly ground black pepper  
Fresh cilantro leaves, for garnish  
Tortilla chips, coarsely crushed, for garnish



Whisk together the mashed potatoes, 1 1/2 cups of the broth, ginger, allspice, and nutmeg in a medium saucepan and bring to a simmer over high heat. Reduce the heat to low and cook, stirring occasionally, for 10 minutes. Whisk in 1/4 cup of the sour cream and more broth, if needed, and cook for 5 minutes.

Whisk together the remaining 1/4 cup of sour cream and chipotle puree in a small bowl, and season with salt and pepper. Ladle the soup into bowls and top with a dollop of the sour cream mixture, some cilantro leaves and some of the tortilla chips.



## Stokes Purple® Sweet Potato Muffins

1 cup dark brown sugar, packed  
2/3 cup grapeseed or canola oil  
2 eggs  
1 teaspoon pure vanilla extract  
1 cup canned crushed pineapple (do not drain - scoop straight from can)  
2 cups all-purpose flour  
2 teaspoons baking powder  
1/4 teaspoon baking soda  
1/2 teaspoon salt  
1 teaspoon ground cinnamon  
1 large Stokes Purple Sweet Potato, peeled and grated  
1 large carrot, grated  
1 medium zucchini, grated

Preheat the oven to 325 degrees. Spray a 12-cup muffin tin with nonstick cooking spray. In a large bowl, whisk together the brown sugar, oil, eggs, vanilla and canned pineapple. In another bowl, sift together the flour, baking powder, baking soda, salt and cinnamon. Stir the flour mixture gently into the wet ingredients, mixing only until the ingredients are just combined. Fold in the grated purple sweet potato, carrot and zucchini.

Spoon the muffin batter into the prepared muffin tin, dividing evenly among the muffin cups (they will be full). Bake 30-35 minutes, until the muffins are golden brown and a toothpick comes out with a few crumbs clinging to it. Turn the muffins out onto a rack to cool.

Source: Frieda's Inc.



## Purple Sweet Potato Pancakes with Apples and Bacon

1/2 large Stokes Purple® Sweet Potato  
4 slices thick-cut bacon, cut into ½-inch dice  
2 cups store-bought pancake mix (your favorite kind)  
2 eggs  
3 tablespoon grapeseed or canola oil  
1 cup milk  
1 Granny Smith apple  
¼ teaspoon ground cinnamon  
4 tablespoon butter  
Maple syrup (for serving)

Peel the sweet potatoes with a vegetable peeler, then cut it into 1-inch cubes. Place the sweet potato cubes in a small saucepan and add water to cover by 1 inch. Bring potatoes to a boil, turn down the heat, and simmer about 15 minutes, until the sweet potatoes are tender. Mash with a potato masher or a fork until smooth. Set aside.

Heat a heavy skillet (cast iron or nonstick) over medium-high heat. Add the diced bacon and fry until golden and crisp. Drain the bacon on a plate lined with paper towels. Set aside. Wipe out but do not wash the skillet. Turn the heat down to medium-low.

Put the pancake mix, eggs, oil, milk and mashed purple sweet potatoes in a large bowl; whisk to combine. Quarter, peel and grate the apple using a box grater or hand-held grater. Add the grated apple and cinnamon to the pancake batter and stir to combine.

Melt 1 tablespoon of the butter in the skillet and add approximately ½ cup of the batter. Sprinkle some of the cooked bacon on top of the pancake batter in the skillet. Fry the pancake on both sides until golden brown, fluffy and cooked through, about 2-3 minutes per side. Serve with pure maple syrup.

Source: Frieda's Inc.



## Purple Sweet Potato Latkes

2 large Stokes Purple® Sweet Potatoes  
½ yellow onion  
1 egg, lightly beaten  
3 tablespoons all-purpose flour  
¼ teaspoon salt  
Grapeseed or canola oil, for frying

Peel the Stokes purple sweet potatoes with a vegetable peeler, then grate or shred them using a box grater or the shredding disc of a food processor. Put the grated sweet potatoes in a large bowl. Grate the onion the same way and add it to the bowl with the sweet potatoes. Add the beaten egg, flour and salt to the sweet potato mixture and combine thoroughly with a spoon.

Heat a large, heavy skillet (preferably cast iron or nonstick) over medium-low heat about 3 minutes. Add 2 Tbsp of oil; wait 1 more minute for the oil to heat up. Drop heaping tablespoons of the sweet potato mixture into the skillet, flattening them with the back of the spoon. Fry the latkes about 4 minutes on each side, until the latkes are golden brown and the sweet potatoes are cooked through. Drain briefly on paper towels before transferring to a serving plate. Serve hot with applesauce or sour cream.

Source: Frieda's Inc.