

Sweet ‘Tater Pudding with Rum Raisins Is the Soulful Dessert I Always Come Back To

Why This Sweet Potato Pudding Hits Every Note



OVEN
350°F

TIME
30 min

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INGREDIENTS

2 cups mashed sweet potatoes (about 2 large sweet potatoes)
1 cup coconut milk
1 cup brown sugar
1/2 cup all-purpose flour
1/2 cup raisins (soaked in rum for at least 30 minutes)
1/4 cup melted butter
1 teaspoon vanilla extract
1 teaspoon ground ginger
1 teaspoon ground cinnamon
1/2 teaspoon nutmeg
1/4 teaspoon salt
3 large eggs

DIRECTIONS

1. **Prep the Oven and Pan:** I start by preheating the oven to 350°F (175°C) and greasing a medium-sized baking dish. A ceramic or glass dish works best-something that holds heat evenly and looks nice on the table.
2. **Cook and Mash the Sweet Potatoes:** If I haven't prepped ahead, I boil the sweet potatoes whole until they're fork-tender-usually about 25 minutes. After letting them cool just enough to handle, I peel and mash them until smooth. I like to keep a little texture in there for a rustic feel.
3. **Mix the Wet Ingredients:** In a large mixing bowl, I add the mashed sweet potatoes, coconut milk, brown sugar, melted butter, and vanilla extract. I stir until everything is creamy and blended-no mixer needed, just a sturdy spoon or spatula.
4. **Add the Dry Ingredients and Spices:** Next, I fold in the flour, ginger, cinnamon, nutmeg, and salt. These spices are what give the pudding its warm, spiced backbone. The flour helps bind everything together while keeping it soft and tender.
5. **Fold in the Eggs and Raisins:** In a small bowl, I lightly beat the eggs, then gently stir them into the mixture. This helps keep the pudding light but structured. Then come the rum-soaked raisins-juicy, slightly boozy, and absolutely worth the extra step.
6. **Pour and Bake:** I pour the batter into the greased baking dish, smoothing the top with a spatula. It goes into the oven for about 45 to 50 minutes, or until the top is slightly golden and a toothpick inserted in the center comes out clean.
7. **Once out of the oven,** I let it rest for 10 to 15 minutes so it can settle and slice cleanly.

SWAPS & NOTES

But even light rum works if that's what you've got.

Just reheat gently or serve at room temp.

This pudding actually tastes better the next day as the flavors meld.

Q: Is this more of a pudding or a cake?

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/sweet-tater-pudding-with-rum-raisins-is-the-soulful-dessert-i-always-come-back-to/>