

Homemade Sweet Potato Butter: Cozy, Sweet & Spiced Spread

Cozy, sweet, and warmly spiced-this



TIME
15-20 min

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INGREDIENTS

1 pound sweet potatoes, peeled and cut into 1-inch chunks
¾ cup unsweetened apple cider
¼ cup maple syrup (pure maple syrup recommended)
1½ teaspoons cinnamon (ground)
¼ teaspoon ground ginger
1/8 teaspoon ground nutmeg
1/8 teaspoon ground cloves

DIRECTIONS

1. Let's get this delicious : Sweet Potato Butter made!
2. Steam : Sweet Potatoes: Place the 1 pound of peeled and cut sweet potato chunks into a steamer basket over boiling water in a pot. Cover and steam for 15-20 minutes, or until the sweet potatoes are very soft and easily pierced with a fork.
3. Puree : Sweet Potatoes: Carefully transfer the very soft sweet potatoes to a blender or food processor. Puree until completely smooth, scraping down the sides as needed. You may need to add a tablespoon or two of water or apple cider to help it blend if it's too thick, but avoid adding too much liquid.
4. Combine & : Simmer: Pour the smooth sweet potato puree into a medium pot or saucepan. Add the ¾ cup unsweetened apple cider, ¼ cup maple syrup, 1½ teaspoons cinnamon, ¼ teaspoon ground ginger, 1/8 teaspoon ground nutmeg, and 1/8 teaspoon ground cloves. Stir well to combine all ingredients.
5. Thicken : Mixture: Bring the mixture to a gentle boil over medium heat, stirring occasionally. Once it reaches a boil, reduce the heat to low and let it simmer gently until it slightly thickens to your desired consistency, usually 10-15 minutes. Stir more frequently as it thickens to prevent scorching. Remember it will thicken further as it cools.
6. Cool & : Store: Remove from heat and allow the sweet potato butter to cool completely at room temperature. Once fully cooled, transfer it to an airtight container (like a glass jar). Store in the refrigerator.

SWAPS & NOTES

Sweet Potatoes: Use firm, unblemished sweet potatoes. Cutting them into uniform chunks ensures even steaming.

Unsweetened Apple Cider: Provides liquid and a tart-sweet apple flavor that complements the sweet potato.

Unsweetened apple juice can be substituted.

TIPS FOR SUCCESS

Steam Until Very Soft: The softer the sweet potatoes, the smoother your butter will be.

Puree Thoroughly: Blend until absolutely smooth for the best texture.

Don't Over-Thicken on Stove: Remember the butter will thicken as it cools.

Take it off the heat when it's slightly thinner than your desired final consistency.

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