

Caramelized Sweet Potatoes in Butter & Brown Sugar: A Sweet Breakfast Side

Some dishes are more than just food; they're warm memories on a plate. These



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20 min

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INGREDIENTS

1/2 cup canola oil
1/2 cup butter, unsalted preferred
3 sweet potatoes, medium-sized, peeled and sliced into 1/4-inch rounds
1/2 cup or more dark brown sugar, packed
1 teaspoon cinnamon

Swaps and Notes:

Sweet Potatoes: Look for firm, unblemished sweet potatoes. You can slice them into rounds or half-moons. Thinner slices will cook faster and be more tender.

Oil & Butter: The combination of canola oil (for higher smoke point) and butter (for flavor) is ideal. Vegetable oil, olive oil, or even coconut oil can be substituted for canola. Unsalted butter allows you to control the salt content.

Brown Sugar: Dark brown sugar provides a richer molasses flavor and deeper caramelization. Light brown sugar can be used, but the flavor will be milder. Adjust the amount to your desired sweetness.

Cinnamon: Ground cinnamon is a classic pairing with sweet potatoes. A pinch of nutmeg, allspice, or pumpkin pie spice could also be lovely.

Optional Enhancements: A tiny pinch of salt sprinkled with the brown sugar can enhance the sweetness. A splash of vanilla extract can be added at the very end for extra aroma.

DIRECTIONS

1. These caramelized sweet potatoes come together quickly on the stovetop, yielding perfectly tender and glazed slices.
2. **Heat : Fats:** In a large, heavy-bottomed frying pan or skillet (cast iron works beautifully), heat the 1/2 cup canola oil and 1/2 cup butter over medium heat until the butter is melted and slightly shimmering.
3. **Add : Sweet Potatoes & Sear:** Carefully add the sliced sweet potatoes to the hot pan in a single layer. You will likely need to cook them in batches to avoid overcrowding the pan, which would steam them instead of searing.
4. **Cook & : Sugar First Side:** Cook over medium heat for 2-3 minutes per side, until the sweet potatoes start to soften and achieve a light golden brown. After cooking one side, flip them, and then evenly sprinkle half of the brown sugar and half of the cinnamon over the top surface of each sweet potato slice. Cook for about 1 minute after sprinkling.
5. **Flip & : Sugar Second Side:** Turn the sweet potato slices again to cook the sugared side. Sprinkle the remaining brown sugar and cinnamon on the uncooked side of each slice. Cook for another 1-2 minutes.
6. **Caramelize & : Glaze:** As the sugar begins to melt and starts to caramelize, forming a beautiful glaze in the pan, begin to stir the sweet potato slices gently but continuously to coat all of them in the caramel. Keep turning them to prevent burning. Let them cook for an additional 2-3 minutes, or until they are perfectly tender when pierced with a fork and thoroughly coated in the rich, sticky glaze.

7. **Serve:** Remove from heat and transfer to a serving dish. Enjoy them immediately! They are delicious on their own, or as my mother taught me, with smoked sausage.

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