

Granny's Sweet Potatoes: The Ultimate Comfort Side Dish That Always Steals the Show

Granny's Candied Sweet Potatoes: The Southern Recipe That Tastes Like Pie



TIME

15 to 20 min

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Recipe Card

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ChefManiac

INGREDIENTS

Swaps and Notes:

Sweetener Swap: You can replace up to half of the white sugar with brown sugar or maple syrup for a deeper, molasses-like flavor.

Spice Boost: Add a pinch of ground cloves or allspice for a more complex, autumnal warmth.

Butter Alternative: For a non-dairy version, you can successfully swap the butter for a good quality vegan butter alternative or coconut oil, though the flavor will change slightly.

Slicing: Keep the sweet potato slices uniform in size (1/2 inch is ideal) so they cook evenly.

Instructions: Steps for the Recipe:

1. Prepare the Spice Mixture:
2. Melt the Butter and Add Potatoes:
3. Sprinkle and Coat:
4. Simmer to Perfection:
5. Finish and Serve:

Tips for Success:

Go Low and Slow: Do not rush the cooking process.

If you try to cook them on medium heat, the sugar will caramelize too quickly and burn before the potatoes are tender. Keep the heat on LOW.

The Right Skillet: Use a skillet with a tight-fitting lid. The lid traps the moisture, which helps the potatoes steam and become tender. A heavy-bottomed pan, like cast iron, is best for even heat distribution.

Don't Over-Stir: Stir gently and just enough to prevent sticking. Too much stirring will cause the tender potatoes to break apart into mush.

Check Tenderness: After about 45 minutes, check the potatoes with a fork. They should offer very little resistance. If they are still firm, continue cooking until fully tender.

Serving Suggestions and Pairings:

Holiday Favorites: Pair it with classic holiday mains like turkey, ham, or a hearty roast beef.

Southern Comfort: It's a natural fit for Southern dishes. Try it with a bowl of This Cajun Chicken Sausage Gumbo is My Favorite Bowl of Southern Comfort for a truly satisfying meal.

Weeknight Dinners: Serve alongside pulled pork sandwiches, baked chicken, or even meatloaf.

Beverage Pairing: A glass of iced sweet tea or a light, crisp dry cider cuts through the richness beautifully.

Dessert Pairing: If you're going all-in on comfort, follow this up with my recipe for These Pecan Pie Bars are My Favorite Make-Ahead Holiday Dessert.

Nutritional Information (Estimated):

Serving Size: Approximately 1 cup

Calories: 350

Total Fat: 15g

Saturated Fat: 9g

Carbohydrates: 50g

Dietary Fiber: 4g

Sugar: 35g

Storage and Leftover Tips:

Storage: Leftovers can be stored in an airtight container in the refrigerator for up to 4 days. The glaze will thicken considerably upon cooling.

Reheating: To reheat, place the sweet potatoes and glaze back into a small skillet over low heat. Add a tablespoon or two of water or orange juice to loosen the glaze as they heat through. You can also microwave them, but the skillet method preserves the texture best.

Leftover Hack: Chop the leftovers and use them as a topping for vanilla ice cream, or stir them into pancake or waffle batter for a sweet breakfast treat.

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DIRECTIONS

1. Follow these simple steps to recreate : Granny's famous side dish:
2. Prepare the Spice Mixture: In a small bowl, thoroughly combine the 2 cups of white sugar, 1 tsp of ground cinnamon, 1 tsp of ground nutmeg, and a pinch of salt. Set this aside.
3. Melt the Butter and Add Potatoes: Melt the 1/2 cup of butter in a large, heavy-bottomed skillet (cast iron is perfect) over medium heat. Once melted, add the sliced sweet potatoes and stir gently to ensure every slice is evenly coated with the butter.
4. Sprinkle and Coat: Sprinkle the entire sugar-spice mixture over the potatoes in the skillet. Stir well and thoroughly to distribute the sugar and spices. It will look like a lot of sugar-that's exactly what you want for the thick glaze!
5. Simmer to Perfection: Cover the skillet tightly. Reduce the heat to low and cook for a full hour. This low and slow cooking is key. Stir the potatoes gently every 15 to 20 minutes to prevent sticking and ensure they are bathing in the developing syrup. The potatoes are done when they are fork-tender and the sugar mixture has melted down into a thick, dark, and glossy syrup.
6. Finish and Serve: Just before serving, remove the skillet from the heat and stir in the 1 tablespoon of vanilla extract. Serve warm with plenty of the delicious glaze spooned over the top.
7. Tips for Success: Go Low and Slow: Do not rush the cooking process. If you try to cook them on medium heat, the sugar will caramelize too quickly and burn before the potatoes are tender. Keep the heat on LOW.

8. The : Right Skillet: Use a skillet with a tight-fitting lid. The lid traps the moisture, which helps the potatoes steam and become tender. A heavy-bottomed pan, like cast iron, is best for even heat distribution.
9. Don't : Over-Stir: Stir gently and just enough to prevent sticking. Too much stirring will cause the tender potatoes to break apart into mush.
10. Check : Tenderness: After about 45 minutes, check the potatoes with a fork. They should offer very little resistance. If they are still firm, continue cooking until fully tender.
11. Serving Suggestions and Pairings: This rich, sweet side dish is a fantastic counterpoint to savory main courses.
12. Holiday : Favorites: Pair it with classic holiday mains like turkey, ham, or a hearty roast beef.
13. Southern : Comfort: It's a natural fit for Southern dishes. Try it with a bowl of This Cajun Chicken Sausage Gumbo is My Favorite Bowl of Southern Comfort for a truly satisfying meal.
14. Weeknight : Dinners: Serve alongside pulled pork sandwiches, baked chicken, or even meatloaf.
15. Beverage : Pairing: A glass of iced sweet tea or a light, crisp dry cider cuts through the richness beautifully.
16. Dessert : Pairing: If you're going all-in on comfort, follow this up with my recipe for These Pecan Pie Bars are My Favorite Make-Ahead Holiday Dessert.
17. Nutritional Information (Estimated): Serving Size: Approximately 1 cup
18. Calories: 350
19. Total : Fat: 15g
20. Saturated : Fat: 9g
21. Carbohydrates: 50g
22. Dietary : Fiber: 4g
23. Sugar: 35g
24. Note: Nutritional information is an estimate based on the ingredients listed and will vary depending on the size of the sweet potatoes and precise portion sizes.
25. Storage and Leftover Tips: Storage: Leftovers can be stored in an airtight container in the refrigerator for up to 4 days. The glaze will thicken considerably upon cooling.

SWAPS & NOTES

Sweet potatoes 5-6 Peeled and sliced into 1/2-inch thick rounds or half-moons.

White sugar 2 cups This creates the thick, rich glaze.

Ground cinnamon 1 tsp Use high-quality cinnamon for the best aroma.

Ground nutmeg 1 tsp Freshly grated nutmeg offers a brighter flavor.

TIPS FOR SUCCESS

Go Low and Slow: Do not rush the cooking process.

If you try to cook them on medium heat, the sugar will caramelize too quickly and burn before the potatoes are tender.

The Right Skillet: Use a skillet with a tight-fitting lid.

The lid traps the moisture, which helps the potatoes steam and become tender.

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

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