

Jamaican Sweet Potato Pudding Is the Cozy Coconut Dessert I Crave Every Time

Jamaican Sweet Potato Pudding



OVEN
350°F

TIME
20 min

PRINT
Recipe Card

SAVE
PDF

INGREDIENTS

2 pounds sweet potatoes, peeled and grated
1 cup coconut milk
1/2 cup evaporated milk
3/4 cup brown sugar
1/2 cup granulated sugar
1/2 cup all-purpose flour
1/2 cup cornmeal
1/4 cup melted butter
1 teaspoon vanilla extract
1 teaspoon ground cinnamon
1/2 teaspoon ground nutmeg
1/2 teaspoon ground ginger
1/4 teaspoon salt
1/2 cup raisins, optional

DIRECTIONS

1. Preheat your oven to 350°F and grease an 8x8-inch baking dish.
2. Peel and grate the sweet potatoes into a large mixing bowl.
3. Add the coconut milk, evaporated milk, brown sugar, granulated sugar, flour, cornmeal, melted butter, vanilla, cinnamon, nutmeg, ginger, and salt.
4. Stir until everything is well combined and the sweet potato is evenly coated in the mixture.
5. Fold in the raisins if using.
6. Pour the batter into the prepared baking dish and smooth the top.
7. Bake for 1 hour to 1 hour 15 minutes, or until the center is set and the top is deeply golden.
8. Let the pudding cool for at least 20 minutes before slicing.
9. Serve warm or at room temperature.

SWAPS & NOTES

Freshly grated sweet potato gives the pudding its best texture, so it is worth the extra effort if you can manage it.

The shreds soften as the pudding bakes, creating that signature dense and tender consistency.

Orange-fleshed sweet potatoes work beautifully here because they bring both sweetness and moisture.

Coconut milk is one of the defining flavors in this dessert, so I would not skip it.

TIPS FOR SUCCESS

Grate the sweet potatoes on the small or medium side of a box grater so they soften evenly during baking.

Thick chunks will not give you the same tender texture, and they can make the final pudding feel uneven.

This mixture is naturally thick, and that is exactly how it should look.

Once baked, it settles into a dense, sliceable pudding with a moist interior.

More recipes: [ChefManiac.com](#)

Original recipe: <https://chefmaniac.com/jamaican-sweet-potato-pudding-is-the-cozy-coconut-dessert-i-crave-every-time/>