

Candied Sweet Potatoes Recipe: A Sweet and Buttery Side Dish

This candied sweet potatoes recipe stands out for several reasons:



OVEN
375°F

TIME
15 min

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INGREDIENTS

- 4 medium sweet potatoes, peeled and cut into 1-inch cubes
- 1/2 cup unsalted butter
- 1 cup brown sugar, packed
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon salt
- 1/2 cup water

DIRECTIONS

- 1.** Preheat the : Oven: Preheat your oven to 375°F (190°C). This ensures that your sweet potatoes will cook evenly and develop a lovely caramelization.
- 2.** Prepare the : Sweet Potatoes: Peel and cut the sweet potatoes into 1-inch cubes. This size allows for even cooking and ensures that they absorb the sweet glaze well.
- 3.** Make the : Glaze: In a medium saucepan, melt the butter over medium heat. Once melted, stir in the brown sugar, cinnamon, nutmeg, and salt. Mix until the sugar is dissolved and the mixture is smooth.
- 4.** Combine : Ingredients: In a large baking dish, combine the sweet potatoes and the glaze. Pour the water over the top, which will help steam the potatoes and create a delicious sauce.
- 5.** Bake: Cover the baking dish with aluminum foil and bake for 30 minutes. After 30 minutes, remove the foil and bake for an additional 15 minutes, allowing the sweet potatoes to caramelize and develop a beautiful golden color.
- 6.** Serve: Once done, remove from the oven and let cool for a few minutes before serving. The sweet potatoes should be tender and coated in a luscious glaze.

TIPS FOR SUCCESS

Use Fresh Sweet Potatoes: Fresh sweet potatoes will yield the best flavor and texture.

Look for firm potatoes with smooth skin.

Add a Twist: For a unique flavor, consider adding a splash of orange juice or maple syrup to the glaze for an extra layer of

sweetness.

Top with Nuts: For added crunch, sprinkle chopped pecans or walnuts on top before serving.

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

Original recipe: <https://chefmaniac.com/candied-sweet-potatoes-recipe-a-sweet-and-buttery-side-dish/>