

Fresh Ginger-Roasted Yams

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Serves 6-8

- 3 medium-large yams (about 4 pounds), peeled and cut into 1/2 - 3/4" cubes --
- 1/4 cup butter, butter substitute, or olive oil
- 2" section of fresh ginger root, peeled and finely grated
- 1/2 tsp sea salt
- 2 Tbsp dark brown sugar

Preheat the oven to 325°F (or hotter -- these yams can easily bake alongside of any other oven-baked dish you may be preparing, up to 450°F.).

Place cubed yams in a medium-sized mixing bowl.

In a microwave-safe small bowl, melt the butter. Drizzle the melted butter over the yams, and toss (or stir with a silicone spatula). Add the finely grated ginger root and sea salt and toss until the ginger is evenly distributed.

Place the yams in a 2-3 quart covered casserole dish and bake until tender, testing with a fork after one hour. Depending on the size of your casserole dish, the yams will be completely cooked in 60-90 minutes, sooner if you bake at a higher temperature.

NOTE: After you have placed the yams into the casserole dish, resist the urge to stir. This dish produces roasted cubed yams, and if you stir, they will mash easily, especially after they are done or nearly done baking. When they are completely cooked, the yams will lose their cloudy appearance, and turn a deeper, more saturated color.