

For Immediate Release

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Local Topsfield, Massachusetts Resident wins National Recipe Contest

Baton Rouge, La. – The Louisiana Sweet Potato Commission, along with *Louisiana Cookin'* magazine, have announced the conclusion of the fourth annual Sweet Rewards Recipe Contest for Canned Sweet Potatoes, naming five first-place winning recipes and one grand-prize winner.

Donna Marie Ryan, from Topsfield, Massachusetts, won first place in the Breads and Breakfasts Category. Ryan's *Praline Sweet Potato Sticky Buns* won the category and earned her a \$500 cash prize.

This year, there were over 665 entries from 46 states nationwide. Entries were grouped into five categories: breads and breakfasts, soups, sides, desserts, and professional, a new category added to this year's competition for professional chefs. Twenty-six students from the Culinary Arts program at Delgado Community College in New Orleans prepared the final recipes for judging.

Judges for the contest assigned a first, second and third place winner from each category, as well as an overall grand-prize winner. The winning recipes were decided based on overall flavor, texture, visual appeal and creativity.

Louisiana Cookin' magazine featured the winners' names and recipes in its October issue and posted the winning recipes on their website. Recipes are also posted in the recipe section on the Louisiana Sweet Potato Commission's website.

The Louisiana Sweet Potato Commission is the main sponsor for the 2009 Sweet Rewards Recipe contest. Their mission is to promote the consumption of Louisiana sweet potatoes by educating consumers on the yam's many nutritional attributes and its amazing versatility in popular, delicious recipes. Bruce Foods, Allen Canning, the Culinary Arts Department at Delgado Community College and nomenu.com also sponsored this year's contest.

The next Sweet Rewards Recipe Contest for Canned Sweet Potatoes will begin in January 2009. Contest information, free recipes and nutritional information about sweet potatoes are available on the commission's website at www.sweetpotato.org.

1st Place Breads and Breakfasts

Praline Sweet Potato Sticky Buns

Makes 12 servings

Dough:

1 16-ounce can Louisiana sweet potatoes in heavy syrup, in all
2 tablespoons milk
1/3 cup brown sugar
2 teaspoons active dry yeast
2 tablespoons butter, melted
1/2 teaspoon Pumpkin Pie spice
1 teaspoon vanilla
1 1/2 teaspoon salt
2 to 2 3/4 cups flour, in all

Glaze:

2 tablespoons melted unsalted butter, in all
1/2 cup light brown sugar
1/2 cup chopped pecans
2 tablespoons half-and-half creamer

Praline Filling:

1/2 cup chopped pecans
1/2 cup brown sugar
1 teaspoon pumpkin pie spice
1 tablespoon melted unsalted butter

Remove the sweet potatoes and syrup from the can. Mash sweet potatoes in a small bowl using a fork and set aside. (This will be about 1 cup). Place 1/2 cup of the sweet potato syrup into a large mixing bowl. Add the milk, brown sugar and yeast. Stir and let set a couple of minutes. To this mixture add 2 tablespoons of the butter, pumpkin pie spice, vanilla, salt and the 1 cup of mashed sweet potatoes. Stir all ingredients together using a baker's bread whisk or heavy spoon. Add 1 cup of flour and mix in. Add the second cup of flour and mix. The flour should now be added in 1/4 cup increments until the dough pulls together as a ball. Flour a work surface and remove the dough ball from the bowl.

Gently knead the dough with a fold down towards you, push back with the heels of your hand type motion carefully folding and flipping the dough for about 6 to 8 minutes or until it is satiny and a depressed finger spot springs back. Clean out the mixing bowl, and grease it with the remaining melted butter. Rub some of the melted butter on the top of the dough and cover bowl with plastic wrap. Allow to sit in a warm place for 1 1/2 hrs or until double in bulk.

Remove the dough from the bowl and place again on a floured surface. Allow to rest while you make the glaze and filling.

To make the glaze and prepare the pan: with a pastry brush grease the inside of a 9x10-inch round or square baking pan using 1 tablespoon of the melted butter. Combine the rest of the

ingredients in a small bowl and cover the bottom of the prepared pan and spread out across a bit up the sides.

To make the filling combine the pecans, brown sugar and spice in a small bowl.

Roll the dough out to a 12x12 rectangle. Brush the dough with the melted butter. Spread the praline filling evenly across the dough. Roll up- jellyroll style so that you end with a 12-inch roll. Slice the roll into 12 even pieces. (The easiest way is to cut the dough in half, and those in half again – and then in thirds.) Place the cut rolls into the prepared pan so that the swirl of the filling is visible on top. (They can also be refrigerated at this point until ready to bake).

Allow the rolls to rise and become “puffy” before baking. This step is important to achieve a light texture on the finished rolls.

Place in oven, turn oven to 350°F and bake 30 to 35 minutes. Remove from oven, allow to cool for 2 minutes, cover with a large platter and flip pan over so the sticky buns are now sticky side-up. Enjoy!

(Chef’s Note: Use caution when flipping the cooked sticky buns over because the filling and syrup are extremely hot. If the buns don’t come out of the pan easily, simply place in a warm oven to remelt the glaze and the buns should fall right out.)

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