

**For Immediate Release**

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## **LOUISIANA SWEET POTATO COMMISSION CONTINUES SEARCH FOR UNIQUE RECIPES**

*Contestants can win up to \$3,500 in the Sixth Annual Sweet Rewards Recipe Contest*

**BATON ROUGE, La**—It's that time of year again. The Louisiana Sweet Potato Commission, along with *Louisiana Cookin'* magazine, invites all cooks, amateur and professional, to open up a can of sweet potatoes and showcase their culinary creativity with one of the most nutritious and versatile vegetables around. The Commission is hosting its sixth annual Sweet Rewards Recipe Contest for Canned Sweet Potatoes.

Interested cooks can enter an original sweet potato recipe in one of four categories, including appetizers, side dishes, entrées, and desserts. Multiple entries from one individual will be accepted. There is no entry fee.

The contest began January 15 and will continue through June 1. One overall grand prize winner will be awarded \$1,000.00. One additional winner from each of the five categories will receive \$500.00.

The past five Sweet Rewards contests have produced some delicious and mouth-watering recipes featuring Louisiana Yams. Past grand prize recipes include *Baked Sweet Potato with Banana-Cranberry Chutney*, *Caribbean Sweet Potato Cups with Poached Eggs and Mango Hollandaise*, *Iced Sweet Potato Gazpacho*, *Zydeco Sweet Potato Crab Chowder*, and *Sweet Potato Sausage Sliders*.

Finalists' recipes will be prepared by culinary students at Delgado Community College in New Orleans and judged by an independent panel of food industry professionals. Prize winners will be determined based on overall flavor, visual appeal and creativity. Judges' decisions will be final.

The Louisiana Sweet Potato Commission will attempt to notify all potential winners by phone or by e-mail by July 30. Winners and their recipes will be posted on the Louisiana Sweet Potato Commission website and will also be featured in the October 2010 issue of *Louisiana Cookin'* magazine.

Those interested in submitting a recipe can log on to *Louisiana Cookin'* magazine's website at [www.louisianacookin.com](http://www.louisianacookin.com). Click on the Sweet Rewards Recipe Contest icon. Entries can also be submitted by printing an entry form from the website and mailing it to *Louisiana Cookin'* magazine at P.O. Box 19084, New Orleans, La 70179.

*Louisiana Cookin'* is the only magazine devoted solely to Louisiana's love of good food. Each issue is filled with information on delicious foods, authentic recipes, unique cooking styles, famous restaurants and fantastic cookbooks.

Along with the Louisiana Sweet Potato Commission and *Louisiana Cookin'* magazine, the Sweet Rewards Recipe Contest for Canned Sweet Potatoes is being co-sponsored by Allen Canning, Bruce Foods and the Delgado Community College Culinary Arts Program.

For detailed contest rules, tips on cooking with sweet potatoes and additional information about Louisiana's sweet potatoes, log on to [www.sweetpotato.org](http://www.sweetpotato.org).

## **2009 OVERALL GRAND PRIZE RECIPE**

Peter Halferty

Corpus Christi, Texas

### **Sweet Potato Sausage Sliders**

Makes 10-12 servings

#### **Ingredients:**

1-1/2 Cups sweet potatoes, drained

¼ cup cold buttermilk

2 cups all-purpose flour, plus extra for patting out dough and cutting biscuits

1-tablespoon baking powder

½ teaspoon baking soda

1-tablespoon light brown sugar

Pinch cayenne

Salt and black pepper

8 tablespoons (1 stick) cold unsalted butter, cut into roughly ½-inch cubes

12 Pork Sausage Patties formed the size of the biscuits (or any kind of "loose" sausage...chicken-mango sausages are also terrific)

Butter and Honey

#### **Instructions:**

Roughly mash the sweet potatoes. (you should have about 1½ cup). Add the buttermilk, mix very well, and set aside.

In a food processor, process 2 cups flour, baking powder, baking soda, brown sugar, cayenne, salt, and black pepper until well blended (making sure the brown sugar is thoroughly broken down and incorporated).

Cut the butter into ½-inch cubes. Scatter the butter pieces evenly over the flour mixture in the food processor and pulse until mixture resembles coarse cornmeal, about six 2-second pulses. Add the sweet potato mixture in dollops in several spots over the flour and butter mixture, and pulse until the flour and sweet potato mixtures combine and just begin to come together into a light-orange dough mass, about twelve 2-second pulses.

Preheat oven to 425 degrees F. Generously flour a work surface, turn out the dough, and sprinkle flour over the top of the dough. Knead the dough gently, folding it in half and rotating 90 degrees 3 or 4 times, just until it is uniform and cohesive (try to keep the kneading to a minimum).

Sprinkle a little bit more flour on the work surface and dough to prevent sticking, if necessary, and gently pat the dough into a circle that is roughly 8 inches in diameter and 1 inch high.

Dip a sharp 2½-inch biscuit cutter into flour and using brisk, decisive, straight-down punches (avoid rotating or twisting the cutter in the dough), cut out rounds of dough as close to one another as possible, dipping the cutter into flour before each new cut.

Transfer the dough rounds to the lined baking sheet, positioning them about 1 inch apart.

Push the dough scraps together and knead them gently once or twice until cohesive. Pat out the dough until it is 1-inch high, dip the cutter into flour, and in the same manner as before, cut out as many dough rounds as possible, and transfer them to the baking sheet with the first batch.

Bake until the biscuits are puffed, light golden on top, and deep brown on the bottom, 15 to 17 minutes, rotating the sheet halfway through baking time for even cooking. Transfer the biscuits to a wire rack, cool for about 10 minutes.

While biscuits are baking, sauté the patties in a 12-inch skillet over medium-high heat; drain on paper towels and keep warm. Split biscuits, butter and spread with honey, and place one sausage patty inside.



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