



Southern Candied Yams

Prep Time: 15 minutes
Bake Time: 1 hour
Yield: 6 Servings

INGREDIENTS

4 large sweet potatoes, peeled and sliced into ½-inch rounds

½ cup (1 stick) salted butter

¾ cup brown sugar, packed

¼ cup granulated sugar

1 teaspoon ground cinnamon

¼ teaspoon ground nutmeg

1 teaspoon vanilla extract

DIRECTIONS

1. **Preheat oven to 400°F (204°C).** Lightly grease a medium baking dish.
2. **Prepare the sweet potatoes:** Arrange the sliced sweet potatoes evenly in the dish.
3. **Make the syrup:** In a saucepan over medium-low heat, melt the butter. Stir in brown sugar, granulated sugar, cinnamon, nutmeg, and vanilla extract until smooth and glossy.
4. **Combine:** Pour the syrup evenly over the sweet potatoes. Gently toss or mix to coat all slices.
5. **Bake covered:** Cover tightly with foil and bake for 45 minutes.
6. **Caramelize:** Remove foil, increase oven temperature to 425°F (218°C), and bake uncovered for 15 minutes, or until tender and caramelized.

Garnish Suggestions:

Sprinkle toasted chopped pecans or candied walnuts for added crunch.

Add a touch of orange zest for brightness.

Finish with a light drizzle of maple syrup just before serving for extra Southern charm.

Chef's Tip

- Allow the yams to rest for 5 minutes before serving — this lets the syrup thicken and cling beautifully to each slice.

