

Dr Pepper Candied Sweet Potatoes

Course - Dinner

Cuisine - American

Keyword - Dr Pepper Candied Sweet Potatoes

Prep Time - 20 minutes

Cook Time - 45 minutes

Serving - 6 portions

Skill level - Easy

Author - Cookin' With Dr Pepper, 1965

Let's Make Candied Sweet Potatoes with Dr Pepper!

The Fall season is always my favorite time of the year. You find the crisp air changing the way everything feels and even tastes, and life is just a little more exciting for a few months, before the cold really rolls in.

One of my favorite things to cook during those colder months are sweet potatoes because of how versatile they are, and today we're going to make Candied Sweet Potatoes using Dr Pepper!

Let's get into it!

Questions About Dr Pepper Candied Sweet Potatoes

Can I use Yams instead of Sweet Potatoes for this recipe?

- Generally, you want to stick with sweet potatoes. Yams are not the same thing and, if you live in the United States, Sweet Potatoes are also very easily available.

Can I substitute a different soda for this recipe?

- Absolutely! You can try this out with pretty much any soda you'd like, like a Cream Soda or classic Coke! Get creative and just think about how the flavors will concentrate, when the soda has been reduced to a syrup.

What should I pair with my Dr Pepper Candied Sweet Potatoes?

- I think that this side dish would work with many proteins that you'd commonly find on a Thanksgiving table! I think it would work really nicely with pork or beef, but it'll also work great with poultry, like Turkey.

INGREDIENTS

- 1 cup Dr Pepper
- 4 Sweet Potatoes
- 3/4 cup Sugar
- 1/4 cup Butter
- 1/2 teaspoon salt
- (Optionally include various spices)

METHOD

To make your Dr Pepper Candied Sweet Potatoes, you'll want to pre-cook the Sweet Potatoes by par-boiling them for about 10 minutes. A cake tester or tip of a pairing knife will insert easily but it won't fall apart, like you'd cook for a mash. When they're finished you can submerge them in cold water, to halt the cooking process and then slice into 2 centimeter wheels, when they're cool enough to handle. Then reserve on the side.

MAKING YOUR GLAZE

Using a saucier pan, or heavy bottom small pot, add your butter, salt, sugar and 1 cup of Dr Pepper and bring to a gentle boil. If you want, this would be the time to add additional spices like cinnamon, freshly grated nutmeg or even orange peels. You want to continue to cook until reduced to a syrup, which will take about 10-15 minutes, while whisking occasionally to prevent burning. Most of the moisture will evaporate from the saucier pan, so you'll be left with a syrup.

Once finished, remove from the heat and spread your sweet potato medallions on a casserole dish or pan and cover with your Dr Pepper Syrup.

Place in a 400°F/204°C oven for about 30-40 minutes, basting occasionally to prevent burning.

(I added finely cubed butter into the dish about halfway to help thin the sauce a bit and add more flavor.)

Remove from the oven and serve!

Just like that, you'll have a dish that is an instant crowd-pleaser and a new favorite for the holidays.

NOTES:

- Be careful not to leave the syrup unchecked, as it can burn and become bitter if cooked too long.
- This can be made in advance and easily reheated for dinner days ahead of time, and will keep in the refrigerator for a week, safely.
- You can make this with different sodas, but I would advise against using a Diet Soda, since the flavors won't translate quite the same way when reduced into a rich syrup.