

Sweet Potato Biscuits

Ingredients:

2 cups all-purpose flour

2 ½ teaspoons baking powder

½ teaspoon baking soda

½ teaspoon salt

1 stick frozen (unsalted) butter

1 ¼ cup cooked, mashed, **cooled** sweet potatoes (approx. 2-3 med sweet potatoes)

2 tablespoons light brown sugar

½ cup of whole pecans, finely chopped in food processor

¾ to 1 cup milk

Directions:

Preheat the oven to 425 degrees F. Lightly grease a large baking sheet and set aside.

In a large bowl, stir together the flour, baking powder, baking soda, and salt. Add the frozen butter by grating into the flour. Toss with your fingers until the mixture resembles coarse crumbs.

In a bowl, whip the sweet potatoes with the brown sugar until very smooth. Add to the flour mixture and mix in lightly but thoroughly with your fingers. Add ¾ cup of the milk and the pecans. Gently work to make a smooth dough, slightly sticky, being careful not to overwork and adding more liquid as needed 1 teaspoon at a time.

Turn out onto a lightly floured surface and pat out into a large rectangle about 1/2-inch thick. Cut into large biscuits and place on the prepared baking sheet. Bake until golden brown and risen, 15 to 18 minutes.

Tips:

- You may use buttermilk rather than milk
- Pecans may be substituted or omitted
- If you brush the biscuits with milk or heavy cream before placing in the oven it will help in the browning of the biscuit
- Sprinkle the tops of your biscuit with a little sugar. I like doing this.