



Crispy Sweet Potato Swirls

Flash-fried spiralized sweet taters become curly and crispy

2 lbs. sweet potatoes, peeled, spiralize into ¼ inch strands

1-1/2 cups canola oil or as needed

Salt to taste

Try other sprinkles: cinnamon; pumpkin pie spice; hot pepper seasoning

Serve with: Spicy Sweet Tomato Ketchup or Tomato Jam

Spiralize the potatoes using a thicker disk for a thicker fry. If you want thinner fries, use the thinner one for shoe-string fries. Rough cut into smaller length size for easier serving. Place potatoes on large microwavable plate; cover with wet paper towels. Microwave on high power until tender, about 5 minutes. Remove from microwave.

Spread in an even layer on a baking pan; let cool for 10 minutes.

Pour oil about 1-1/2-inch-deep into a large deep fryer skillet or Dutch oven; heat over medium heat to 375 degrees F. Use an Infrared Thermometer to measure the exact temperature.

Fry the potatoes in two or three batches. The oil will rise when the potatoes are added. Stir often with a spider or slotted spoon until fries are golden and crisp, about 4 to 5 minutes. If you are making thinner fries, they will brown quicker. Remove light brown fries to paper towel lined pan or platter. Before starting the next batch, check the frying temperature to make sure it is 375 degrees F. Continue to fry each batch.

When fries are removed to the cooling pan; sprinkle with salt as desired. For fun, you can also sprinkle some of them with cinnamon, pumpkin pie spice, or a peppered spice.

Place on serving platter with homemade sweet spicy catsup. Garnish with cilantro sprigs, some other veggie slices, or Spicy Fresh Tomato Ketchup.
Serves: 4

Idea for recipe Inspired by: Food & Wine magazine, October 2019

Cook's Note: I used about two large sweet potatoes. A word of caution – the potatoes turn from golden brown to dark brown quickly. They could also be prepared in an automatic fryer.

About the Recipe: Serve these as a snack, side dish, or even winter picnic. They are so tasty that they are guaranteed to be a big hit with your family and disappear quickly. Sprinkle them with salt while hot or even try some of them sprinkled with your favorite spice or seasoning.

Spicy Fresh Tomato Ketchup

2 cups fresh cut tomatoes
2 Tablespoons packed brown sugar
2 Tablespoons balsamic vinegar
1/2 teaspoon curry powder
1/4 teaspoon ground cumin
1/4 teaspoon ground allspice
Dried red pepper flakes as desired

Combine all ingredients in medium sized saucepan; bring to a boil over medium high heat. Reduce heat to medium; cook, covered 15 minutes or until tomatoes are very tender and start to thicken. Stir frequently; mash tomato pieces with back of spoon. Remove from heat; let cool about 10 minutes or able to handle.

Place tomato mixture in food mill; remove seeds and skins, saving the sauce. Place sauce back in clean saucepan; cook over medium high heat to reduce the sauce to desired consistency. The amount depends on how thick you make the ketchup. Yield: about 1 cup

Recipe Inspired by: Spicy Sweet Tomato Jam from Del Monte, which uses their diced tomatoes. For More Information See: <https://www.delmonte.com/recipes/collections/summer-get-togethers/spicy-sweet-tomato-jam>