

# *Whipped Sweet Potatoes* *and Bananas with Pecan Strussel*



## INGREDIENTS

5 medium sweet potatoes, scrubbed  
4 bananas, unpeeled  
1 cup (2 sticks) unsalted butter, at room temperature  
1/4 cup honey (or maple syrup)  
Kosher salt  
Cinnamon to taste (optional)  
1/2 cup all-purpose flour  
3/4 cup dark brown sugar  
1 1/2 cups pecans, toasted & chopped

## DIRECTIONS

Preheat the oven to 375 degrees F. Prick the sweet potatoes all over with a fork, put them in a roasting pan and roast for 30 minutes. Toss the bananas into the pan and continue roasting for 10 to 15 minutes, until both the bananas and potatoes are very soft. Remove the pan from the oven but don't turn the oven off.

When the potatoes are cool enough to handle, scoop out the flesh into a large mixing bowl. Peel the bananas and add them to the bowl along with 1 stick of the butter, and the honey. Season with salt and beat vigorously with a wooden spoon until everything's well combined and the mixture is fluffy. Spoon into an oven-proof serving bowl and smooth the top.

In a separate mixing bowl, use your fingers to rub together the remaining stick of butter, the brown sugar, flour, and pecans until the mixture is the consistency of coarse crumbs. Sprinkle the crumb mixture over the sweet potatoes and return to the oven. Cook for about 20 minutes, until the crumbs are golden. Serve hot.

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specialty of:  
Chef Tyler Florence

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**Food TV Network**  
"Tyler's Ultimate"



# Potato Latkes



## INGREDIENTS

5 pounds Yukon Gold potatoes (since I use organic potatoes, I merely scrub and let dry)  
2 medium onions, peeled  
2 large eggs  
1 teaspoon baking powder  
½ bunch green onions, chopped (both green & white parts)  
kosher salt & fresh cracked pepper to taste (I use about 2 tablespoons of salt)  
vegetable oil for frying  
Sour cream with fresh chopped chives (condiment)  
Applesauce with cinnamon & sugar (condiment)

## DIRECTIONS

Preheat oven to 250 degrees. Slice potatoes and onions Using the grating blade on a food processor, alternate potatoes and onions (if grating by hand, use the large grate holes for the potatoes)

Place mixture in a colander to drain off excess moisture In a large mixing bowl, whisk eggs, baking powder, green onions, flour and S & P. Add potato and onion mixture to bowl and mix well (if mixture feels too wet, add additional flour) Heat frying pans to about medium heat, then add oil to about ¾ inch deep. When oil shimmers, test a small piece of the Latke mixture in the hot oil. The mixture should sizzle, but not too rapidly.

Using a slotted spoon, place Latke mixture (at desired size of pancakes) in hot oil (you may need to adjust heat as you cook) After about 3 or 4 minutes, lift the edge of the potato pancakes to see if they are ready for turning (should be golden brown).

Once fried, place Latkes on a cooling rack over a cookie sheet or shallow baking pan and keep warm in the oven. The rack will allow the Latkes to drain and maintain their crispness.

Serve with condiments and eat in good health.

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## specialty of:

Ida Mour (Bonnie's Mom)

Bonnie Rabicoff (Producer & Host, In the Kitchen with Bonnie)

# *Peanut Brittle*



## INGREDIENTS

- 1 cup sugar
- 1 cup roasted peanuts (could substitute with a nut of your choice)
- ½ cup corn syrup
- 1/8 teaspoon salt
- 1 tablespoon unsalted butter
- 1 teaspoon vanilla
- 1 teaspoon baking soda

## DIRECTIONS

Grease a cookie sheet. Mix first 4 ingredients in a bowl and place in microwave. Cook for 4 minutes, stir mixture and cook for another 3 to 4 minutes. Remove from microwave, mix in butter and vanilla and return to microwave to cook for 1 more minute. Remove from microwave, add baking soda and mix well (mixture will “puff up” dramatically – take care as product is very hot) Pour onto cookie sheet.

Cool completely, then break into desired-sized pieces.

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specialty of:

Mark Groves – Director of Creative Services, Entercom Radio