

Holiday Sweet Potatoes with Candied Pecans

- 8 pounds sweet potato (about 12 - 14 large) makes about 6 cups mashed puree
 - 3 Tbsp unsweetened orange juice
 - 2 Tbsp pure [maple syrup](#)
 - 1 tsp [Celtic sea salt](#) or [Himalayan salt](#)
 - 1 cup of [Spicy Roasted Candied Maple Pecans](#)
1. Preheat oven to 375.
 2. Scrub the sweet potatoes, prick them a few times with a fork, and bake for about an hour until soft.
 3. Remove from the oven, allow to cool slightly, and scoop out flesh.
 4. Mash with a potato masher, or place in your stand mixer with the paddle attachment.
 5. Add in the orange juice, maple syrup and salt, and mix until smooth and creamy. Set aside.
 6. Pulse the candied maple pecans in your [food processor](#) just a few times to coarsely chop them.
 7. Stir the pecans through the sweet potato and top with a sprinkle to serve.
 8. Adjust salt and maple syrup to taste once pecans have been added, and enjoy!
 9. Serves 8.

Stacey Aswad's Candied Maple Pecans

- 4 cups [raw pecans](#)
 - 2/3 cup [pure maple syrup](#)
 - 1 Tbsp filtered water
 - 1/2 tsp [ground cinnamon](#) or more to taste
 - 1/4 tsp [nutmeg](#) or more to taste
 - pinch of [ground ginger](#) or more to taste
 - pinch of [cayenne pepper](#) or more to taste
 - pinch of [Celtic sea salt](#) or [Himalayan salt](#)
1. Preheat oven to 180 / 350.
 2. Roast pecans for about 8-10 minutes until slightly crispy and fragrant.
 3. In a saucepan, heat the maple syrup and spices on a medium heat for about 5 minutes until warm and slightly bubbling.
 4. Add in the warm roasted pecans and the filtered water. Stir and fold through for about 3-4 minutes over medium heat until the nuts caramelize and the mixture reduces and is completely absorbed.
 5. Lay the nuts out on a baking tray lined with parchment paper, and allow to cool and harden. This takes about 15 - 20 minutes.
 6. Devour warm, or store in an airtight container.