

Sweet Potatoes with Brown Butter and Sage

2 1/2 pounds of sweet potatoes (the bright orange yams) diced into 1" pieces
a little olive oil
1/2 cup unsalted butter (1 stick)
20 fresh sage leaves
1 teaspoon ground cinnamon
2 tablespoons maple syrup
1 teaspoon salt
1/2 teaspoon freshly ground black pepper

Preheat oven to 425F. Place the diced sweet potatoes in a large bowl and drizzle with a little olive oil. Toss the sweet potatoes in the bowl until they are all a little glossy from the oil. Place on 2 parchment-lined baking sheets and bake until the sweet potatoes are soft with browned roasted edges, about 20 minutes. If you have a CONVECTION ROAST setting on your oven, use that. Take sweet potatoes out of the oven and toss in the brown butter sauce while they are still warm.

For the Brown Butter sauce: When the sweet potatoes are out of the oven, melt the butter in a large saute pan over medium heat. When the butter has melted add the sage leaves. When you make brown butter first the butter melts, then it sizzles, then it foams and in the foaming stage it browns. Don't let it get black! Continue to cook, swirling the butter occasionally, until the foam subsides and the milk solids begin to brown. Remove the pan from the heat. Working quickly, stir in the cinnamon, maple syrup, salt, and pepper. Careful, the mixture will bubble up. Gently stir the mixture. When the bubbles subside, toss the cooked sweet potatoes in the brown butter. Transfer the sweet potatoes to a serving dish and serve immediately.