

Our State eats

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Sweet Potato Soufflé

Yield: 4 servings.

- 1** tablespoon butter, plus more for soufflé dish
- Sugar** for soufflé dish
- 2** tablespoons all-purpose flour
- ½** cup whole milk
- 1** cup mashed sweet potatoes, peeled and cooked
- 3** large eggs, room temperature, separated
- ¼** cup maple syrup
- ¼** teaspoon ground nutmeg
- ¼** teaspoon ground cinnamon
- ½** teaspoon fresh orange zest
- ½** teaspoon salt
- Whipped cream, optional**

Preheat oven to 375°. Butter a 1 ½-quart soufflé dish; dust with sugar.

In a medium saucepan, melt 1 tablespoon butter over medium heat. Whisk in flour and cook, stirring, until golden, about 2 minutes. Gradually whisk in milk; simmer, whisking constantly, until thickened, about 1 minute.

Remove from heat; mix in sweet potatoes and egg yolks. Stir in maple syrup, nutmeg, cinnamon, and orange zest. Set aside.

In a small mixing bowl, use an electric mixer to beat egg whites with a pinch of salt until stiff peaks form. Whisk ¼ of whites into sweet potato mixture; using a rubber spatula, gently fold in remaining whites. Pour mixture into prepared dish; place on a rimmed baking sheet. Bake until top rises and is puffed, 35 to 45 minutes. Serve immediately, with whipped cream, if desired.



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