Sweet Potato Spoonbread

**INGREDIENTS**
- 2 ½ cups milk
- 1 tbs fresh thyme
- 2 tsp sea salt
- ½ tsp ground pepper
- 1 cup yellow cornmeal
- 6 tbs butter
- 3 medium sweet potatoes- baked, peeled and mashed
- 5 large eggs- separated
- 2 tsp baking powder

**WHERE TO FIND IT**
- Lancaster County Dairy, Jonathan Best, Iovine Brothers, Fair Food Farmstand
- Iovine Brothers, OK Produce
- Jonathan Best, Head Nut
- Head Nut, Jonathan Best
- Iovine Brothers, Condiment, Hatville Deli
- Iovine Brothers Produce, OK Produce, Fair Food Stand
- Godshall's Poultry, L. Halteman, Iovine Brothers
- Jonathan Best

**Yield:** 8-10 Servings  
**Cooking Time:** 1 hour

For more recipe ideas, visit The Cookbook Stall at Reading Terminal Market
DIRECTIONS

1. Preheat oven to 350°. Bring 1st 5 ingredients to a simmer over medium heat (whisk in cornmeal). Cook, whisking constantly 2-3 minutes or until mixture pulls away from pan. Take away from heat, toss in butter. Cool for 10 minutes.

2. Place potatoes in bowl, stir in cornmeal mix. Stir in egg yolks & baking powder until blended.

3. Beat egg whites at high speed with electric mixer until soft peaks form. Fold into potato mix. Spoon into greased 3 quart baking dish.