

**READING
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Sweet Potato Spoonbread

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

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- seperated

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

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

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

Sweet Potato Spoonbread

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.
4. Bake at 350° for 40-45 minutes. Cool for 10 minutes before serving.