

Life Time Learning Proudly Presents – The Humble Potato

From something as simple as a baked potato to the more glamorous Boursin Potato Casserole or the Exotic Potato Pave, this simple tuber transcends the culinary spectrum. There are literally as many potato recipes as there are potatoes found on a farmers plot in the middle of Iowa. Boiled, baked, fried, or roasted, with or without the outer skin, the eighteen recipes that follow offer you a varied assortment of different ways to present potatoes at your next dinner gathering. I hope you get to try as many of these recipes as possible.

Chef Cal

Recipes

Boursin Potato Gratin
Baked Stuffed Potatoes with Goat Cheese and Rosemary
Delmonico Potatoes
Crock Pot Sweet Potato Casserole
Duchess Potatoes
Honey-Mustard Whipped Sweet Potatoes
Grabon Potatoes
Mashed Potatoes for a Group
Oven Roasted Potatoes with Tapenade
Potato Soup
Rocky Mountain Potato Casserole
West African Sweet Potato Supper
Greek Potatoes
Mom's Potato Latkes
Potato and Green Bean Salad
Potatoes Pave
Roasted Baby Red Potatoes with Rosemary
Lemon-Caper Potato Salad

What's the difference between Yams and Sweet Potatoes?

Yams and sweet potatoes are the same thing, right? Wrong! It's likely that what you might have referred to as yams, (as in candied yams) is most likely a sweet potato! Even some supermarkets will refer to them interchangeable (and incorrectly label them), but the truth is that an actual yam looks and tastes quite different than sweet potatoes.

What is a sweet potato?

A sweet potato is a root tuber native to Central and South America. Sweet potatoes come in a few varieties and can be orange, purple, or even white in flesh. The most common type of sweet potato has a bright orange flesh with smooth, rosy brown skin. Sweet potatoes are pretty common in the United States, and are used in many sweet and savory preparations.

What is a yam?

Yams are also a root tuber, but not the same one as a sweet potato! They are cylindrical in shape and have white flesh and dark brown skin that is more bark-like in appearance. The flesh is drier and less creamy than a sweet potato when cooked – more similar to a russet potato. Yams come in many varieties and originated in parts of Asia, Africa and the Caribbean. They can grow very large in size, up to 100 pounds and a few feet long! There are usually prepared boiled or roasted, similar to sweet potatoes.

Is a yam healthier than a sweet potato?

Both sweet potatoes and yams are nutritious, albeit completely different vegetables. They are both good to eat as part of a healthy diet and neither is particularly nutritiously superior to the other. That being said, sweet potatoes contain more vitamin C, vitamin A, fiber, and protein.

Do yams and sweet potatoes taste the same?

Yams and sweet potatoes don't taste the same. Sweet potatoes are much sweeter and creamier in texture, while yams have a flavor and starchier texture more comparable to a white potato.