

Homemade Sweet Potato Pies

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Cooking With Carolyn

Ingredients

Yield: 2 Pies, 8 Servings Each

4 Pounds Yams or Sweet Potatoes
2 Tablespoons Vegetable Oil
3½ to 3¾ Cups of the flesh from the cooked potatoes
3 Extra Large Eggs, beaten
½ Cup Condensed Milk
¾ Cup Evaporated Milk
2 Teaspoons Pure Vanilla Extract
¾ Cup Granulated Sugar
½ Cup Light Brown Sugar, lightly packed
1½ Teaspoons Ground Cinnamon
¾ Teaspoon Ground Nutmeg
½ Teaspoon Ground Ginger
½ Teaspoon Kosher Salt
5 Tablespoons Unsalted Butter, melted
2 Deep Dish Frozen Pie Shells, thawed

Directions

Preheat oven to 350 degrees

Wash and scrub the outer skin of the potatoes and pat dry. Using the tip of a sharp knife, poke small holes into each of the potatoes. Rub each potato with a thin coating of vegetable oil. Place the potatoes on a baking sheet and roast them at 350 degrees until they're very soft to the touch. (**Note:** Large yams can take up to 2½ hours to completely cook while smaller ones take less time. Set your timer and check them after the first 1½ hours of the cooking time.)

Once done, allow the potatoes to cool for about 15 to 20 minutes. (**Note:** If you're using yams, cut off about ½ to ¾ inch off of the end of each yam. Why? Because yams have strings and quite a few strings are concentrated at the end of the yams. Having too many strings will ruin your pie.) Next, scoop out all of the flesh of the potatoes and place it into a large mixing bowl. **At this point, you need 3½ to 3¾ cups of cooked potatoes in the bowl. You must do the following steps.** Using a hand mixer, whip the potatoes for about 1 to 2 minutes and stop. This will allow the strings in the potatoes to wrap themselves around the beaters of the mixer. Detach the beaters, rinse them off, and whip the potatoes again to find more strings. Repeat this step about 3 to 4 times until the strings are minimal to none.

Add the eggs to the potatoes and mix until combined. Then follow with the condensed milk, evaporated milk, vanilla extract, both sugars, cinnamon, nutmeg, ginger, salt, and melted butter. Continue to mix until your mixture is very smooth and well combined. Set aside.

Time to blind bake the pie shells. Using a fork, make some holes in the bottom of the pie shells. Place a piece of parchment paper over the pie shell large enough to cover the pie shell's edges once it's weighed down. Use some pie weights, beans, or rice to place on top of the parchment paper. (**Note:** This step will keep the crust from bubbling up in the center while blind baking. If you use beans or rice, don't use them in another recipe as it may not turn out right.) Bake the pie shells for 10 to 15 minutes at 350 degrees. Once done, allow them to cool for about 10 minutes. Finally, evenly distribute the sweet potato mixture into each pie shell by using a 1-cup measuring cup. Pour 1 cup of the mixture into each pie shell, back and forth, until the mixture is gone.

Bake at 350 degrees for 55 minutes to 1 hour on the middle rack of the oven. Once done, allow the pies to cool for at least 2 hours before serving.