

# Carolyn's Sweet Potato Pound Cake with Rum Glaze and Pecans

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## Ingredients

You'll need a 12 cup capacity bundt pan for this recipe.

- 2 Cups Whipped Sweet Potatoes or Yams (You'll need about 1¾ -2 Pounds of raw whole Sweet Potatoes)
- ½ Cup (1 Stick) Unsalted Butter plus 1 or 2 Tablespoons for the bundt pan, room temperature
- 8 Ounces Block Cream Cheese, room temperature
- 1 Cup Light Brown Sugar, firmly packed
- 2 Cups Granulated Sugar
- 4 Large Eggs, room temperature
- 1 Tablespoon Pure Vanilla Extract
- 2 Tablespoons Buttermilk or Whole Milk
- 3 Cups Cake Flour plus 1 to 2 Tablespoons for the bundt pan
- 2 Teaspoons Baking Powder
- 1 Teaspoon Baking Soda
- ¼ Teaspoon Salt
- 1½ Teaspoons Ground Cinnamon
- ¼ Teaspoon Ground Nutmeg

## Rum Glaze

- 2 Cups Powdered Sugar
- 3 to 4 Teaspoons Dark Rum or ¾ Teaspoon Rum Extract
- 1/3 Cup Heavy Cream
- ¾ Cup Chopped Pecans

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## 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 recipe.) Next, scoop out all of the flesh of the potatoes and place it into a large mixing bowl. 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 2 to 3 times until the strings are minimal to none. Measure out 2 cups of potatoes for the recipe and set aside to continue to cool. (**Note:** Don't use more than 2 cups of sweet potato. Any remaining whipped potatoes can be put into the freezer for another time or eaten with your next meal.)

Roast the pecans in a dry skillet over medium-high heat for about 3 to 4 minutes shaking them every minute or so. Set aside to cool then chop.

Sift the cake flour, baking powder, baking soda, salt, cinnamon, and nutmeg into a medium size bowl.

In a large bowl, mix the butter and cream cheese until fluffy, about 2 to 3 minutes. Next, add the brown and granulated sugars and continue to mix until well combined. Scrape the sides down throughout the, mixing process to ensure the mixture is well blended. Add and blend in the eggs one at a time. Next, add the vanilla and whipped sweet potatoes. Blend until combined. Finally, mix in half of the cake flour mixture, then all of the buttermilk (or milk), and the remaining cake flour mixture. Mix until just combined.

Pour the batter into a 12 cup capacity bundt pan that has been buttered and floured. Bake at 350 degrees for 1 hour & 5 to 10 minutes or until a skewer is inserted and comes out clean. Allow the cake to cool for 10 to 15 minutes in the pan and then invert it onto a cooling rack and allow it to cool for at least an hour before glazing and topping with pecans.

### **Rum Glaze**

In a medium bowl, whisk the powdered sugar, rum (or extract), and heavy cream.