

Carolyn's Candied Yams

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Cooking With Carolyn

Ingredients

Yield: 10 to 12 Servings

7½-8 Pounds Fresh Jumbo Yams, peeled, washed, & cut into 1 inch to 1½ inch cubes
1 Cup Unsalted Butter, melted
1¼ Cup Granulated Sugar
1½ Cup Light brown Sugar, lightly packed
1 Teaspoon Salt
¼ Cup Honey
1 Tablespoon Orange Zest
2 Teaspoons Pure Vanilla Extract
2 Teaspoons Ground Cinnamon
1 Teaspoon Ground Nutmeg
½ Teaspoon Ground Ginger
¼ Cup All Purpose Flour
Roasted Pecans, chopped (optional)

Directions

Preheat oven 375 degrees

Place the cut yams into a large baking dish or roasting pan. Pour in the butter, sugar, brown sugar, salt, honey, orange zest, vanilla extract, cinnamon, nutmeg, and ginger. Stir the yams to coat. Cover with aluminum foil and bake for 35 to 40 minutes. Use a fork to poke one of the yam cubes. The fork should have some resistance going in.

Remove the foil, spoon out about ½ cup of the syrup from the yams and pour it into a bowl with the flour. Whisk it vigorously until smooth. Pour the flour mixture over the yams and gently stir to combine.

Continue to bake the yams UNCOVERED for about an hour or so, or until syrup is thickened and the yams are very tender. (**Note:** Depending on the cut and size of the yams the cooking time can vary.) Once done, top with pecans (optional) and serve.