

Rooted in Tradition

OUTPOST
CO-OP SINCE 1970



Sweet Potato and Parsnip Latkes

Serves 12 (12 latkes). Total time: 30 to 40 minutes.

2 cups shredded sweet potatoes
1 cup shredded parsnips
3 scallions, sliced
2 eggs, beaten
⅓ cup flour
½ teaspoon salt
¼ teaspoon black pepper
Vegetable oil for frying

Topping
½ cup light sour cream
1 cup apple, peeled and minced

1. Peel the sweet potato and parsnip and shred using a grater or food processor. Wrap the shredded sweet potato and parsnip in a few paper towels and squeeze to remove excess liquid.
2. In a large bowl, mix the sweet potato and parsnip with the scallions, eggs, flour, salt and pepper.
3. Heat a large iron skillet over medium-high heat. Add enough vegetable oil to cover the bottom and come up the sides at least a quarter of an inch. When the oil is hot, scoop about ¼ cup of latke mixture into the pan and slightly flatten. Repeat until the pan is full but not crowded. Brown the latkes on each side 3 to 4 minutes. Set aside on a plate lined with paper towels when done. While the latkes are cooking, stir together the sour cream and minced apple. Serve the apple sour cream on top of the warm latkes.

Latkes are crispy, fried potato pancakes often prepared as part of the Jewish holiday Hanukkah. This tasty variation calls for a duo of sweet root vegetables.



Spiced Sweet Potato Pie

Serves 8. Total time: 1 hour, 50 minutes.

1½ pounds sweet potatoes
¾ cup half and half
2 eggs
½ cup maple syrup
½ cup light brown sugar
1 teaspoon cinnamon
½ teaspoon allspice
½ teaspoon ginger
¼ teaspoon nutmeg
¼ teaspoon salt
1 pie shell, unbaked
Roasted pecans halves for garnish (optional)

1. Preheat oven to 425°F. Bake the sweet potatoes, skin on, for 30 minutes. Remove the skin and purée. Measure 2 cups to use in the pie, reserving any leftover for another use.
2. Return the purée to the food processor and add the half and half, eggs, maple syrup, brown sugar, cinnamon, allspice, ginger, nutmeg and salt, and process until smooth.
3. Pour the sweet potato mixture into the pie shell and bake for 15 minutes, then reduce the heat to 350°F and bake for about 45 minutes longer. When the center of the pie is puffed and a paring knife inserted in the center of the pie comes out with no wet batter, remove it from the oven.
4. Cool the pie on a rack for at least 30 minutes before slicing.

The perfect finale to a holiday feast! Fans of pumpkin pie will love this Southern favorite made with sweet potatoes and garnished with pecans.



Sweet Potato Maafe

Serves 6. Total time: 30 minutes.

1 tablespoon vegetable oil
1 large yellow onion, diced
3 cloves garlic, minced
1 to 2 teaspoons fresh ginger, minced (optional)
¼ cup tomato paste
1 pound sweet potato, peeled and cubed
2 carrots, peeled and chopped
2 turnips (or other root vegetable), peeled and chopped
¼ to ½ teaspoon red pepper flakes
2 cups vegetable stock or chicken stock
⅓ cup smooth, natural peanut butter
2 cups green cabbage, chopped
Salt and pepper to taste

A popular West African dish, maafe is a rich, hearty stew that you might serve during the celebration of Kwanzaa. This vegetarian version features the satisfying flavors of sweet potato in a spicy peanut and tomato sauce.

1. Heat the oil in a large pot over medium-high heat. Add the onion and sauté until it begins to soften, about 5 minutes. Stir in the minced garlic and ginger, if using, and sauté for 1 to 2 minutes more. Stir in the tomato paste and cook for 1 to 2 minutes. Add sweet potato, carrot, turnip, stock and red pepper flakes and bring to a boil. Lower heat and simmer until the sweet potato, carrots and turnip begin to soften, about 10 minutes.
2. In a small bowl, whisk together the peanut butter with a little hot broth from the pot. Add the peanut butter mixture to the pot along with cabbage and stir to combine. Simmer for 5 minutes more or just until the cabbage has wilted and the other vegetables are cooked through. Add salt and pepper to taste, if needed, and serve hot.

LOCAL VENDOR SPOTLIGHT:

LOCAL TURKEYS:

All turkeys sold at Outpost come from reputable midwest family farms where the birds have free-range access to the outdoors, are raised sustainably or organically, are never given antibiotics, and are not proccessed using fillers, flavorings or other ingredients.

KELLNER'S HERITAGE TURKEY

LOCATION:
DENMARK, WI
DETAILS:
Organic
Narragansett + Red Bourbon Heritage Breeds Mix
Frozen
PRICE:
10.99/lb
9.99/lb for Owners
OWNERS SAVE $1.00/LB

LARRY SCHULTZ ORGANIC FARM

LOCATION:
OWATONNA, MN
DETAILS:
Organic
Frozen
PRICE:
4.49/lb
3.99/lb for Owners
OWNERS SAVE .50¢/LB

FERNDALE FARMS TURKEY

LOCATION:
CANNON FALLS, MN
DETAILS:
Naturally Raised
Frozen
PRICE:
2.99/lb
2.29/lb for Owners
OWNERS SAVE .70¢/LB



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