

Roasted Sweet Potatoes with Paprika

From Nelson's Kitchen
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The Boniato sweet potato (also known as Camote sweet potato or as white sweet potato) has a purple skin and firm white flesh. When you peel them, they will immediately turn dark. To prevent this you need to use acid — I chose lemon. The combination of the natural sweetness of these potatoes with the paprika is great. I prepared this dish and the next day I was having it with a bit of salad that had some sherry vinegar, the combination of the spicy sweet potatoes with the vinegar was very pleasant. Thus I added the vinegar to the recipe.

Ingredients:

- 2 2/1 to 3 pounds of Boniato Sweet Potatoes
- Two lemons
- 1 teaspoon of salt
- 2 Tablespoons of paprika
- 2 Tablespoons of olive oil
- 1 teaspoon of sherry vinegar

Equipment:

- rimmed light-coloured baking sheet
- large bowl
- aluminum foil
- cooking spray

Procedure:

1. Peel and dice potatoes

- Cut up one lemon and leave nearby.
- Peel each potato removing all small indentations and any dark green spot under the peel.
- Immediately rub the lemon half on the freshly peeled potato.
- Cut potatoes into one-inch cubes.
- Immediately squeeze the second lemon on top of the cubes and toss them well into the lemon juice.
- Let it sit for a few minutes and then drain the lemon juice from the bowl.
- Sprinkle the diced potatoes with salt, mix well and let it sit for at least 30 minutes.

2. Season and roast potatoes

- Turn oven to 325F and place an empty light-coloured rimmed baking sheet in the oven.

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- Drain any water that accumulated at the bottom of the bowl from the salted diced potatoes.
 - Sprinkle potatoes with paprika, stirring with a rubber spatula.
 - Drizzle the olive oil over the potatoes and stir well.
 - Remove the hot baking sheet from the oven and dump the potatoes into it, scrapping the oil from the bowl with the spatula.
 - Spray the shiny side of a piece of aluminum foil that is large enough to completely cover the baking sheet.
 - Completely cover the baking sheet with the foil with the shiny side down, closing the edges well so that the potatoes will steam.
 - Roast covered for about one hour until the potatoes are tender when pierced with a sharp knife.
 - Turn the oven temperature to 400F.
 - Remove the foil, shake the pan or use a rubber spatula to loosen any potato piece that may be stuck to the pan.
 - Return the uncovered potatoes to the oven and roast for another 20 minutes or so until the potatoes look roasted but are not too dry.
 - Remove from oven and sprinkle the vinegar on top. Taste and add more vinegar if desired.