
THE CrossFit *kitchen*



SWEET POTATOES ANNA

by Nick Massie

overview

This sweet-potato dish looks great and tastes even better.

ingredients

- 3 lb. sweet potatoes, as uniformly round as possible
- 4 oz. grass-fed butter
- Freshly ground nutmeg, to taste
- Freshly ground cinnamon, to taste
- Kosher salt, to taste
- Black pepper, to taste

directions

1. Peel all sweet potatoes and slice into discs that are $\frac{1}{8}$ inch thick.
2. Melt butter in a large cast-iron skillet, coating bottom and all sides. Remove pan from heat, and pour the butter into a bowl and set aside.
3. Place one disc in the center of the skillet. Shingle discs in a circular pattern around the center disc. Continue this process in one constant spiral or 3-4 separate circles, with each one being larger than the previous (as in the video).
4. Once the entire bottom of the pan is filled with discs shingled in a circular pattern, lightly drizzle some melted butter overtop of the layer. Then sprinkle nutmeg, cinnamon, salt and pepper over the butter, keeping in mind that you will do this for each layer, so "lightly" is the key word here.
5. Continue the above process with as many layers as necessary to use all your discs or fill the pan.
6. Once you've completed the shingling/seasoning process, place a layer of aluminum foil over the top of the pan. Place a second cast-iron pan over the aluminum foil to provide a weight that will compress the potatoes together as they cook.
7. Bake in a 400 F oven until a knife easily inserts through the potatoes, approximately 45-60 minutes.
8. Remove pan from oven and take the second pan and foil off the top. Allow to cool for 10-15 minutes. Then place a sheet pan, serving dish or cutting board overtop of the pan and in one swift motion, holding the sheet pan tightly to the skillet, invert both so the potatoes flip upside down onto the sheet pan.
9. Set the flipped unit on the counter and gently lift the skillet from the sheet pan. You will now see your spiral-shingle pattern face up.
10. Cut into slices of desired size (6 pi radians is recommended).
11. This can be served immediately, served at room temperature, reheated in the oven, stored in the fridge for up to 6 days, or frozen for up to 6 months.