

Bodemloos Kombuis - Sweet potato and phyllo bake

Thanks to Maryke van Niekerk, Bodemloos Kombuis, for sharing this ultra yummy recipe with me. Hope I've managed to "re-create the "process" correctly, as this is a real KEEPER ...



Ingredients for the sweet potato bake:

(this recipe is for one standard size dish, as shown in the picture above)

2.5 kg sweet potatoes (or a bit more)

125ml or half a cup of butter

187ml brown sugar

125ml golden syrup

one roll phyllo pastry

1 tub (+/- 1 cup) of cream

125ml brown sugar

For the sweet potato filling...

A quick and easy way... Or any other way...

Peel the sweet potatoes, keep covered with water.

Slice the sweet potatoes in 5mm thick rings.

Keep covered with water.

In a heavy based pot, bring to a simmer 125 ml butter, 187 ml brown sugar and 125ml golden syrup. Simmer for about 8 minutes until golden and looking like caramel.

Add the drained sweet potato slices and give it a good shake to cover with the caramel.

Top up with boiling water to just cover all the rings. Slowly simmer for about 45 minutes without stirring or until the sweet potato is tender and all the water reduced and no liquid visible.

Let it cool.



For the assembly...

Defrost the phyllo in your fridge overnight.

Open the pastry and IMMEDIATELY cover with a "wringing out" cloth to prevent the pastry from drying out. Take one sheet, and spoon an even long line of sweet potato +/- 5cm from the bottom of the sheet of pastry. You need the 5cm "lip" to assist with rolling it up. Roll into a tight roll +/- 4cm in width... Cut 5 cm rolls and pack the rolls upright in your baking dish. Continue with more rolls until the baking dish is filled... Cover with cling wrap and refrigerate until 40 minutes before serving.

Remove the cling wrap, pour the cream over the rolls and sprinkle evenly with the 125ml brown sugar. Bake at 180 degrees until brown and crisp for for +/- 30 - 35 minutes, all the cream will be absorbed into the phyllo and the sugar caramelised on the top...
Serve warmmm

Recipe card from the kitchen of



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