

Bourbon-Glazed Roasted Sweet Potatoes



Recipe supplied by Barnes & Brown.

Ingredients

4 Large Sweet Potatoes, peeled and cut into 1-inch cubes
1/2 Cup Barnes and Brown Southern Belle non-alcoholic bourbon
1/4 Cup Maple Syrup
2 Tablespoons Olive Oil
2 Tablespoons Unsalted Butter, melted
1/4 Teaspoon Ground Cinnamon
Teaspoon Salt and Black Pepper, to taste
Fresh Thyme or Rosemary for garnish (optional)

Method:

1. Preheat oven to 200°C (400°F).
2. In a large bowl, toss the sweet potatoes with olive oil, salt and pepper.
3. Spread the sweet potatoes on a baking sheet in a single layer and roast for 20 minutes.
4. Meanwhile, in a small saucepan, combine the Barnes and Brown Southern Belle bourbon, maple syrup, butter, and cinnamon. Heat over medium until it begins to bubble, then reduce heat and simmer for 3-5 minutes.
5. Remove the sweet potatoes from the oven, drizzle with the bourbon glaze, and toss to coat

evenly. Roast for an additional 10-15 minutes or until tender and caramelised.

6. Garnish with fresh thyme or rosemary if desired, and serve warm.