

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
- 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.