



Sweet Potato Pancakes with Walnuts

2 sweet potatoes, scrubbed but not peeled
2 tbs. unsalted butter
1 1/2 cups (12 fl. oz./375 ml.) nonfat milk
2 large eggs
2 tbs. brown sugar
1 1/2 tsp. pure vanilla extract
1 cup (5 oz./155 g.) whole-wheat flour
1/2 cup (2 1/2 oz./75 g.) unbleached all-purpose flour
1 tbs. baking powder
1/2 tsp. each ground cinnamon and freshly grated nutmeg
1/2 tsp. salt
Canola oil spray
1/2 cup (2 oz./60 g.) walnuts, toasted and coarsely chopped
Warmed pure maple syrup for serving

Preheat oven to 200°F (95°C). Pierce the sweet potatoes a few times with a fork, and microwave on high until tender, about 8 minutes. Split each sweet potato lengthwise and let cool just until easy to handle, then scoop out and measure 1 1/4 cups (6 oz./185 g.) of the flesh; reserve the remainder for another use.

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In a food processor, combine the warm sweet potato flesh and the butter and pulse until incorporated. Add 1/2 cup (4 fl. oz./125 ml.) of the milk, the eggs, brown sugar, and vanilla and process until smooth. Transfer to a bowl and whisk in the remaining 1 cup (8 fl. oz./250 ml.) milk. In a large bowl, combine the flours, baking powder, cinnamon, nutmeg and salt. Pour the sweet potato mixture into the flour mixture and stir just until combined. Do not overmix.

Place a griddle over medium heat until hot and coat lightly with canola oil spray. For each pancake, pour about 1/4 cup (2 fl. oz./60 ml.) of the batter onto the griddle and cook until bubbles break on the surface, about 2 1/2 minutes. Flip the pancakes and cook until golden brown on the second sides, about 2 minutes longer. Transfer to a baking sheet and keep warm in the oven. Repeat with the remaining batter.

Serve the pancakes piping hot, sprinkling each serving with the walnuts. Pass the warmed syrup at the table. Serves 6.

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