

## Old-Fashioned Candied Sweet Potato

- 4 pounds sweet potatoes, peeled and cut into 1-inch pieces
- 5 tablespoons butter
- 2/3 cup golden brown sugar, packed
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- Pinch of ground ginger
- 1/2 teaspoon salt

### Optional Toppings

- 2 cups marshmallows\*, cut into small cubes
- 1/2 cup pecans, chopped

Preheat oven to 375°F. Place potatoes in 13x9x2-inch glass baking dish. Combine butter, sugar, cinnamon, nutmeg, ginger and salt in small saucepan over medium heat. Bring to boil and stir until sugar dissolves. Pour this mixture over sweet potatoes and toss to coat. Cover dish well with foil.

Bake 50 minutes. Uncover and continue to bake until potatoes are tender and syrup thickens a bit (basting occasionally) about 20 minutes. Raise oven temperature to 500°F. Top sweet potatoes with cubed marshmallows and pecans and bake until marshmallows begin to melt and nuts begin to brown, about 3 min

## Brown rice with Mix Vegetables

### Ingredients:

2 cups brown rice (soak for 30 minutes)  
1 cup carrots (diced)  
1/2 cup celery (diced)  
1 cup kernel corn  
1 med. onion (chopped)  
4 cloves garlic (minced)  
4 tbsp olive oil  
3 tbsp patis  
3 cups simmering chicken stock

### Procedures:

In a pan, heat the olive oil. Sauté the garlic, onion and the vegetable. Stir in the rice. Sauté for two minutes. Season with patis. Add the simmering stock and let boil before turning the flame to low. Cook until the rice is done. Best served with fish, chicken or meat.