



Sweet Potato and Pear Puree

SLCC Student Stacy Peronnet

Stacy Peronnet recalls childhood memories of watching Jacques Pépin and Julia Child on PBS, sneaking peaks at mom's cookbook in search of ideas and baking with dad when she got home from school. Those were the seeds of a love for cooking and baking. After 20 years working in information technology for various corporations and putting two daughters through college, Peronnet decided to direct her next career in pursuit of "personal happiness and freedom." Today she is the culinary specialist for the Salt Lake Community College Culinary Institute as part of a federal work study program. Peronnet and her husband, who is from France, have traveled the globe and found new cuisines to love and replicate with each adventure. After completing her AAS degree in Culinary Arts, her dream is to create unique cultural and culinary experiences for guests here and abroad while still seeing the world.



SLCC CULINARY ARTS



Sweet Potato and Asian Pear Puree with Grand Marnier® Candied Pecans

Ingredients

Puree

3 sweet potatoes, peeled and diced
1 Asian pear, cored and diced
1 cup heavy cream
4 tablespoons butter
1/8 teaspoon cinnamon
1/8 teaspoon nutmeg
1/2 teaspoon ground cardamom
Salt and pepper to taste
Zest of one lemon

Candied Pecans

1 cup chopped pecans
1/2 cup brown sugar
1/8 teaspoon cinnamon
1/4 teaspoon salt
2 tablespoons Grand Marnier®

Place diced sweet potatoes in a medium sauce pan. Add cold water until just covering the sweet potatoes. Bring to a boil. Reduce heat and simmer until fork tender. Drain well.

Meanwhile, prepare the candied pecans by combining all ingredients except the pecans together in a skillet over medium heat. Cook until the sugar is dissolved and bubbling. Add the pecans, stirring well to coat with the glaze, and cook for 3 minutes. Spread pecans out on a parchment lined baking sheet and let cool.

Heat the heavy cream in a small saucepan until small bubbles appear around the edges of the pan. Remove from heat.

In a food processor, combine the sweet potatoes and pear. Puree until smooth. Return sweet potato and pear mixture to a medium saucepan on medium low heat. Add butter and stir in heavy cream a little at a time until desired consistency is achieved. Not all of the cream may be required.

Stir in lemon zest, cinnamon, nutmeg and cardamom. Add salt and pepper to taste. Garnish with candied pecans and serve.

Serves four.



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