

Sweet Potato Fries and Bourbon Dipping Sauce

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Ingredients

4 smallish sweet potatoes (we prefer garnet), 6-8", 2-3" in diameter
4 tablespoons olive oil or melted coconut oil
Salt to taste
Optional seasonings

Directions

Preheat oven to 450 degrees and lightly grease 2 cookies sheets, or line with parchment. Peel your sweet potatoes, but do not rinse them, you need them dry so the oil adheres. Slice your sweet potatoes into french fries: no perfect way to do this, but keep the pieces equal in size and thickness. Fries should be between $\frac{1}{2}$ " and $\frac{3}{4}$ ".

In a large bowl, toss the fries with the olive oil, and any seasonings if you so choose. Spread the fries out in a SINGLE LAYER on a cookie sheet. Do not crowd your fries unless you want them mooshy! Sprinkle the fries with salt.

Place no more than two cookie sheets in the preheated oven and bake for 15 minutes. Remove cookie sheets and using tongs, flip the fries over, they should be golden on the flipped side. Return the cookie sheets, flip flopping the cookie sheet positions. Cook for another 10-15 minutes until the fries are golden and crispy.

Bourbon Vanilla Dipping Sauce

Ingredients:

2 c Mayonnaise
1/3 c Bourbon prepared + .25 oz reserved raw
 $\frac{1}{2}$ tsp vanilla extract
2 $\frac{1}{2}$ T maple syrup
1.5 tsp molasses
 $\frac{3}{4}$ tsp Cinnamon
pinch kosher salt

Directions:

In a medium sized sauce pan, add 1/3 C bourbon and place on high heat. Once the alcohol ignites, turn the burner off and allow the alcohol to burn off. Cool and set aside. In a large mixing bowl, add all ingredients, cooked bourbon and raw bourbon. Whisk thoroughly to incorporate. Place into a container, cover, label, date and refrigerate.