

Carmel Walnut Yams

2 or 3 Yams
1/4 Cup unsalted butter (1/2 stick)
1/4 Cup brown sugar (light or dark)
2 Tablespoons white sugar
Dash of salt
2 Tablespoons molasses or dark corn syrup
1 Tablespoon light corn syrup
1 Tablespoon milk or cream
1/3 Cup walnuts
1/4 Teaspoon ground cinnamon
Dash of nutmeg

Wash and peel the yams. Cut each yam lengthwise into 3 or 4 equal width pieces, and then cut each piece, lengthwise, into 3 or 4 pieces. Place into salted water and bring to a boil. Boil for about 8 – 10 minutes, until fork tender. Do not overcook; you want them done but not mushy. Drain the yams. Using the same sauce pan that you boiled the yams, melt the butter over medium heat, do not let the butter burn. Add the sugars and stir until well blended and bubbly. Add the syrups and the milk. Continue to heat and stir, allowing the mixture to boil for about 2 or 3 minutes. Add the walnuts, cinnamon and nutmeg, stirring to coat the walnuts and blend the spices. Remove from heat and add the drained yams and stir gently. Don't mush up the yams at this point. They will get fully coated when you dump them into the serving dish, which is what you do now. Spoon any remaining sauce from the bottom of the pan on top of the yams.

Notes:

When I make this recipe I don't measure anything, so the amounts are my best guess. The sauce cooking time should be long enough to make a sticky sauce. If it is over cooked it may harden, which you don't want. The yams will add more moisture to the sauce when they are added. If you have whole nutmeg (and you should) grate that. There is nothing quite like aroma and taste of freshly grated nutmeg. You can use pecans instead of walnuts.