

Candied Yams--shared by Amy Jo

12 lbs sweet potatoes scrubbed

water to cover

5 medium oranges or 1.5 cups orange juice

1 cup water (I used all orange juice, no water)

1.5 cups packed brown sugar

1 cup honey or maple syrup or Karo syrup if you run out of honey

2 Tablespoons pure vanilla

1.5 tablespoons pumpkin pie spice

1/2 tsp cinnamon

Over medium heat boil potatoes in water until skins come off easily about 20 minutes.

While potatoes are cooking prepare the orange sauce. Wash oranges, grate 1/4 cup peel and set aside. Juice oranges and add water until you have 2.5 cups liquid. In a saucepan combine juice, water, brown sugar and honey, bring to boil until sugar dissolves. Add vanilla, grated orange peel and pumpkin pie spice.

Immerse potatoes in cold water and peel. Cut potatoes into chunks, pack into jars and ladle the hot syrup (1/3 cup hot syrup for pints, 3/4 hot syrup for quarts)

Use a pressure canner at 10 lbs pressure (or for your altitude) for 65 minutes pints, 90 minutes quarts.