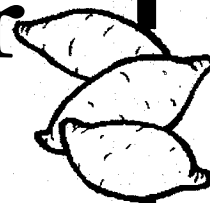


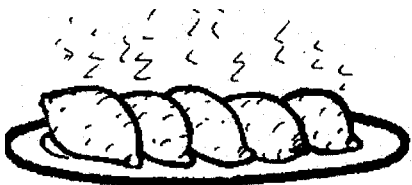
Freezing Yams or Sweet Potatoes



The Louisiana yam is an exceptional type of sweet potato, sweet and flavorful, with a soft moist flesh. It is delicious whether baked, boiled, fried, mashed, candied or used in hundreds of other ways — from main dishes to desserts.

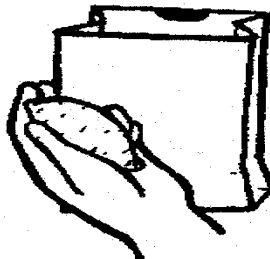
NUTRITIVE VALUE

The deep orange color of the yam indicates it is rich in carotene, which becomes vitamin A inside the body. One average size yam (about 6 ounces raw weight) provides three or four times the recommended daily allowance of vitamin A. When cooked in the skin, it also is a good source of vitamin C. Yams are a good energy food and furnish small amounts of other important vitamins and minerals.



SELECTION

When buying yams, select well-shaped, firm potatoes with smooth, bright, uniformly colored skins that are free from signs of decay. Avoid sweet potatoes with holes, cuts or any other defects that penetrate the skin; these cause waste and readily lead to decay.



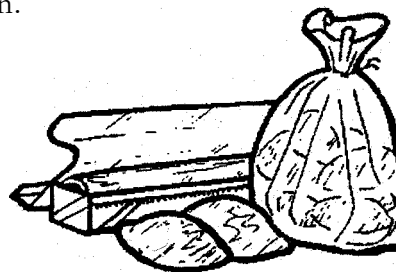
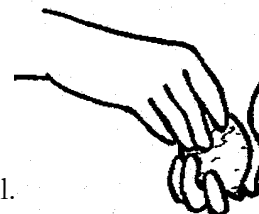
Freshly dug potatoes are uncured. They are good boiled, mashed, candied, fried and in many cooked dishes, but uncured potatoes do not bake successfully. They must be cured two or three weeks before they will bake. Store cured yams in a cool, dry place where the temperature is about 55 or 60 degrees F; do not store them in the refrigerator.

Well-matured, carefully handled and properly cured potatoes will keep for several months if the temperature and storage conditions are ideal. This usually is not possible, however, and potatoes spoil easily. You might wish to freeze them to maintain their high quality.

PREPARATION FOR FREEZING

BAKED YAMS:

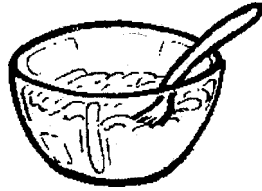
Choose small to medium, well-cured potatoes. Scrub them and grease surface with fat. Bake at 400 degrees F for 15 minutes. Reduce temperature to 375 degrees F and bake until done. Cool. Wrap individually in foil; then store together in freezer bag or freezer paper at 0 degrees F. Leave in foil to thaw and reheat in oven.



Potatoes do not have the sweet, syrupy flavor of oven-baked potatoes if cooked in the microwave. Bake in oven; freeze; then reheat in microwave oven. This gives excellent results.

BOILED OR MASHED:

Cook until tender with skins on. Cool enough to peel, then cut or mash. To prevent darkening, dip cut potatoes in a solution of ascorbic acid dissolved in a little water or in lemon or orange juice. Mix the juice or ascorbic acid with mashed potatoes. Pack tightly in containers, leaving 1/2 inch headspace. Cover surface snugly with a layer of freezer paper or film. Seal and freeze at 0 degrees F.



CANDIED YAMS:

Peel yams; cut in 1/4- to 1/2-inch slices. Blanch 3 minutes in boiling water. Drain; cool quickly. For 4 medium yams, mix 1 cup sugar, 1 tablespoon flour, 1 teaspoon ascorbic acid mixture and a dash of salt. Mix with potato slices. Package in freezer bags or baking pan. Seal and freeze at 0 degrees F. To cook, place potato mixture in baking dish. Sprinkle with 1 teaspoon cinnamon and 1 tablespoon lemon juice (or slices of lemon or orange). Dot with 4 tablespoons butter and pour 1/4 cup water over mixture. Bake in 375-400 degrees F oven about an hour or until potatoes are tender. Serves 8.

One serving has 214 calories, 1 gram protein, 40 grams carbohydrate, 6 grams fat (3.8 grams saturated), 16 milligrams cholesterol, 2 grams dietary fiber, 1300 RE Vitamin A, 15 milligrams Vitamin C, and 105 milligrams sodium.



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