

Happy Women's History Month!

To celebrate, Mirbeau Inn & Spa Plymouth's Pastry Chef Tiara Willis shares her Nana's Sweet Potato Pie Recipe for you to try at home!

My nana's recipe for her sweet potato pie goes all the way back to Georgia, where her mom (my great grandmother) was born and raised. She brought all her recipes up from the South once she moved to Massachusetts. Every Sunday, she would have my nana and her two sisters cook with her. They would all go to church in the morning, and then right when they got home the cooking started. From collard greens, roast beef, mac and cheese, and sweet potatoes; you name it, and they were making it! My great grandmother wanted to make sure they learned how to cook early on in life, and they did. Now my nana continues to make our family recipes, but she puts her own twist on it. The sweet potato pie is a simple, but delicious, recipe made with love. Every family event or holiday there is always sweet potato pie and there's never any left over.

- Chef Tiara Willis

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Nana's Sweet Potato Pie



*Chef Tiara Willis with
her nana, Elaine Willis*

filling ingredients

1 large sweet potato
1 splash of whole milk
2 tsp of nutmeg
2 tbs of sugar
3/4 stick of butter
2 eggs

pie dough ingredients

480g of butter
180g of cold water
20g of sugar
2 bowls of pastry flour (400g each)

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Nana's Sweet Potato Pie

directions

- 1 | For the pie dough, combine the first set of pastry flour with the butter, cream together.
- 2 | Add the second pastry flour, cold water, and sugar. Mix till combined.
- 3 | Knead, wrap in plastic wrap, and refrigerate for 45 minutes.
- 4 | Take out of fridge, roll till $\frac{1}{4}$ inch thick, put into your desired pie pan which is pan sprayed and has parchment on it. Freeze until filling is ready.
- 5 | For the filling, boil the sweet potato with the skin on until a knife easily pokes into it.



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Nana's Sweet Potato Pie

directions (continued)

6 | Peel the skin off of the hot sweet potato, put into a bowl with the butter and mixed together.

7 | Add the sugar, milk, and nutmeg. Then taste to make sure its sweet and flavorful enough for you.

8 | Add the egg last, once the sweet potato mixture is cooled.

9 | Pour into your prepared pie shell, bake for 30 minutes at 300 degrees.



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