

Roasted Whole Tubers

Ingredients

Choose one or more of the following:

- sweet potato (i.e., the yellow/pale kind), or
- “yam” (i.e., the orange-red kind, not an actual African yam, which I have never prepared), or
- Russet potato

Optionally, for coating the outside:

- some kind of roasting fat that can take a high heat (e.g., olive oil... but not EVOO, which is only used up to 410° F)

Optionally, for flavoring the inside after the tuber is roasted:

- Non-dairy alternative to butter for the vegan version (or use butter)
- Maple syrup
- Brown sugar
- Salt
- Pepper

Directions

1. Preheat the oven to **425° F (220° C)**.
2. Line a *rimmed* baking sheet/pan with foil, and/or spray or coat the sheet liberally with stuff that will wash off.
3. Scrub off the outside of the tuber, removing any potato eyes.
4. If you plan to eat the skin, then you might want to rub it with olive oil (or similar) which will help to crisp it up; again, the oil has to be suited for use in a high heat.
5. Put the tuber in the oven for **one hour**. If you prefer that the inside remain firmer, take the tuber out earlier. Potatoes can take longer than sweet potatoes.
6. Cut a slit the long way down the middle, and optionally flavor the inside with stuff like that listed above.

Some people cut these the long way when they are only half done roasting, and then lay the halves flat side down on the pan.

Sweet potatoes and yams will make caramelized ooze from the holes, which can be good to eat once it has cooled enough to touch without sticking and burning.