

GLUTEN-FREE SWEET POTATO BISCUITS

(Bon Appétit, November 2010)

The Cooks Next Door

1 large red-skinned sweet potato (yam; about 1 1/4 pounds), pierced with fork
1 1/3 cups gluten-free flour plus additional
2/3 cup yellow cornmeal
1 tablespoon baking powder
3/4 teaspoon salt
1/2 cup (1 stick) chilled unsalted butter, cut into 1/2-inch cubes
1/2 cup buttermilk
1/4 cup Grade B maple syrup
1/2 cup pecans, toasted, chopped

Preheat oven to 425°F. Line baking sheet with parchment. Microwave potato until tender, about 6 minutes per side. Halve; scoop out 1 cup flesh. Cool. Blend 1 1/3 cups flour and next 3 ingredients in processor. Add butter; pulse to coarse meal. Add potato, buttermilk, and syrup; process to blend. Add nuts; pulse to blend.

Sprinkle dough with flour. Pat into 8 1/2-inch square. Cut into 16 biscuits. Transfer to baking sheet. Bake until tester inserted into center comes out clean, 18 to 22 minutes.