

'Aina Pono Harvest of the Month

## Home Recipe

# Okinawan Sweet Potato Pie

Hawai'i 'Ulu Cooperative, Big Island Ag Products, and vHawai'i Department of Education are partnering to provide minimally processed Okinawan sweet potatoes to all public school cafeterias across Hawai'i nei! Join our keiki in celebrating this local favorite that is both nutritious and delicious.



### Did you know?

Okinawan sweet potatoes were brought to Hawai'i by Japanese sugar plantation workers in the early 1900s, and have since become a local favorite. Their bright purple color comes from powerful antioxidants called anthocyanins, which are also found in blueberries and help guard against cardiovascular disease and cancer. Okinawan sweet potatoes are also a good source of vitamins A and C, dietary fiber, vitamin B6, and iron. Nutrition information for a ½-cup serving has been provided by the Culinary Innovation Center at Kapīolani Community College:

### Nutrition Facts

Servings Per Container  
Serving size 1/2 cup (75g)

Amount per serving  
**Calories 110**  
% Daily Value\*

Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	--g	
Cholesterol	0mg	0%
Sodium	10mg	0%
Total Carbohydrate	27g	10%
Dietary Fiber	3g	11%
Total Sugars	--g	
Includes --g Added Sugars	--g	--%
Protein	1g	
Vitamin D	--mcg	--%
Calcium	26mg	2%
Iron	1mg	6%
Potassium	356mg	8%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Servings: 12 Servings

Original recipe by cafeteria manager Edita Montgomery and the Keolu Elementary School cafeteria staff. Adapted for home use by Dana Shapiro, Hawai'i 'Ulu Cooperative.

### Ingredients:

#### Pie Crust

- 3 tablespoons butter, softened
- 2 tablespoons granulated sugar
- ¼ teaspoon vanilla extract
- ¾ cup all-purpose flour
- 1 tablespoon water, as needed

#### Pie Filling

- ½ pound Okinawan sweet potato (1 ½ cups, cooked and mashed)
- 1 large egg
- ¾ cup evaporated milk (6 fl. oz.)
- 1 tablespoon butter, softened
- Pinch of salt (omit if used salted butter)
- ½ cup brown sugar
- 2 tablespoons All Purpose flour
- ¼ teaspoons orange juice, fresh squeezed or concentrate
- ½ teaspoon ground cinnamon
- ½ teaspoon ground ginger
- Pinch of ground cloves or nutmeg

\*Note: if recipe yields more filling than will comfortably fit into pie crust, pour into buttered ramekin(s) and bake along with pie for a crustless version.

### Directions:

#### Crust

1. Mix butter and sugar on low speed until combined.
2. Add vanilla and increase speed to high; cream for 5 minutes.
3. Add flour, mix on low to combine. Do not over mix. Add water as needed to bring dough together.
4. Lightly coat pan with oil spray or butter.
5. Spread and flatten dough directly in 9-inch cake pan or pie tin. Note that the dough will be soft and delicate and should not be overworked. Dock crust by poking dough several times with a fork.
6. Bake at 375°F on middle rack for 10 to 15 minutes. Edge of crust should appear light brown in color.

#### Filling

1. Steam, peel, and mash sweet potato by hand. Use mixer on medium speed for 3 to 5 minutes until very smooth and free from lumps.
2. Add eggs, milk, butter, salt, brown sugar, flour, orange juice, cinnamon, ginger, and cloves. Mix on medium speed for 3 to 5 minutes until smooth and well blended.
3. Pour pie filling into crust\*.
4. Bake at 425°F for 15 minutes, reduce to 375°F for 15 minutes or until inserted knife comes out clean.
5. Cool and enjoy.



Find additional recipes and learn more about the Co-op at [eatbreadfruit.com](http://eatbreadfruit.com).

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