

White Sweet Potato Medallions

By

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Ingredients:

1 or 2 organic white sweet potatoes

[Celtic sea salt](#)

Organic unfiltered olive oil

Directions:

1. Scrub small-medium sized white sweet potatoes (no more than 2 inches around the largest part for nice looking “medallions”. Poke steam holes in them with a sharp knife.
2. Put in microwave for 3 minutes. Test for doneness. They should be cooked through but not so much that they are mushy. If they still appear to be hard, turn over to cook the side that isn't beginning to become soft. (Try 2 minutes and then go for more time, depending on how soft the potato has become.) They will continue to cook when taken out of the microwave, so error on the side of a little firmness.
3. When they are cool enough to handle without burning your fingers, peel the skin off of the potatoes. If there are any dark spots on the potato, cut them out.
4. Slice peeled potato into “medallions” that are about 1/2 inch thick. This is where a firmer potato comes in. If they are too done, they will not hold their shape as medallions.
5. Heat some olive oil in a sauce pan and place the medallions in the hot (not smoking) oil. Place them far enough away from one another that they don't “froil” and it's easy to get to each to turning.
6. After they are sautéing in the oil for about 4 minutes, check one of the medallions for doneness with a small metal spatula.
7. Depending on how many you are making, you can rotate the ones that are done onto a plate or 1/2 sheet pan and keep warm in the oven until all are ready for serving.
8. Salt to taste, either immediately after they come out of the oil (so the salt will stick onto them), or the whole plate of them when you are ready to serve them.