

# Smoked Cheddar and Sweet Potato Biscuits

JeanMarie Brownson - Chicago Tribune  
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## Yield: 18 biscuits

1/2 can (15 ounce) sweet potatoes,  
drained and mashed to yield one cup  
puree'

3/4 cup buttermilk

2 cups unbleached all-purpose flour

1/4 cup whole wheat flour

2 tablespoons coconut sugar (or  
granulated sugar)

2 1/4 teaspoons baking powder

1/2 teaspoon baking soda

1/2 teaspoon salt

1 stick (1/2 cup) unsalted butter,  
very cold

1 1/2 cups (4 ounces) smoked sharp  
Cheddar cheese, shredded

## SORGHUM BUTTER

1 stick butter, softened

2 - 3 tablespoons sorghum or honey  
coarse salt (to taste)

## Preparation Time: 25 minutes

### Bake:

Prepare the sorghum butter. In a bowl, blend the butter and sorghum until smooth. Taste and blend in a little coarse salt as desired. Use at room temperature.

Preheat the oven to 425 degrees.

Line two baking sheets with parchment paper.

Place the sweet potato puree' into a small bowl. Stir in the buttermilk until smooth.

In a food processor fitted with a metal blade, place the flours, sugar, baking powder, baking soda and salt. Process to mix. Dice the cold butter and sprinkle over the flour mixture. Use on/off turns to cut the butter into the dry ingredients until the mixture resembles coarse crumbs. Add the sweet potato mixture and cheese. Pulse once or twice, just until a soft dough forms.

Scrape the dough out onto a floured work surface. Use floured hands to gently pat it into a 3/4-inch-thick round. Using a floured two-inch round biscuit cutter, cut out twelve biscuits. Place on prepared baking sheets. Gently press the scraps together and press out six more biscuits. Bake until the tops are golden brown, 15 to 20 minutes.

Serve warm with sorghum butter.

*To make these biscuits without a food processor, place the flour mixture into a large bowl. Use two knives or a pastry blender to cut the cubed butter into the flour until the mixture resembles coarse crumbs. Add the sweet potato mixture and cheese. Gather into a dough by stirring with a spoon. Do not overmix.*

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Per Serving (excluding unknown items): 1876 Calories; 186g Fat (87.1% calories from fat); 13g Protein; 49g Carbohydrate; 6g Dietary Fiber; 503mg Cholesterol; 3944mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1/2 Non-Fat Milk; 37 Fat; 0 Other Carbohydrates.

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	1876	<b>Vitamin B6 (mg):</b>	.2mg
<b>% Calories from Fat:</b>	87.1%	<b>Vitamin B12 (mcg):</b>	.7mcg
<b>% Calories from Carbohydrates:</b>	10.2%	<b>Thiamin B1 (mg):</b>	.2mg
<b>% Calories from Protein:</b>	2.7%	<b>Riboflavin B2 (mg):</b>	.5mg
<b>Total Fat (g):</b>	186g	<b>Folacin (mcg):</b>	32mcg
<b>Saturated Fat (g):</b>	116g	<b>Niacin (mg):</b>	3mg
<b>Monounsaturated Fat (g):</b>	54g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	7g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	503mg	<b>% Refuse:</b>	0%
<b>Carbohydrate (g):</b>	49g		
<b>Dietary Fiber (g):</b>	6g		
<b>Protein (g):</b>	13g		
<b>Sodium (mg):</b>	3944mg		
<b>Potassium (mg):</b>	593mg		
<b>Calcium (mg):</b>	907mg		
<b>Iron (mg):</b>	3mg		
<b>Zinc (mg):</b>	2mg		
<b>Vitamin C (mg):</b>	17mg		
<b>Vitamin A (i.u.):</b>	20037IU		
<b>Vitamin A (r.e.):</b>	3032RE		

**Food Exchanges**

<b>Grain (Starch):</b>	2 1/2
<b>Lean Meat:</b>	0
<b>Vegetable:</b>	0
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	1/2
<b>Fat:</b>	37
<b>Other Carbohydrates:</b>	0

**Nutrition Facts**

**Amount Per Serving**

**Calories** 1876                      **Calories from Fat:** 1634

**% Daily Values\***

<b>Total Fat</b> 186g	287%
Saturated Fat 116g	578%
<b>Cholesterol</b> 503mg	168%
<b>Sodium</b> 3944mg	164%
<b>Total Carbohydrates</b> 49g	16%
Dietary Fiber 6g	22%
<b>Protein</b> 13g	
<b>Vitamin A</b>	401%
<b>Vitamin C</b>	28%
<b>Calcium</b>	91%
<b>Iron</b>	17%

\* Percent Daily Values are based on a 2000 calorie diet.