



# Sweet Potato Pie

*a taste of history on the Floridian table*

Sweet Potato Pie originated in the Southern United States where sweet potatoes were used as an alternative to pumpkins in pies. It became an iconic dish at American Beach, an historic beach community in Northeast Florida that was once popular with African-American vacationers during the 20th century segregation era. The practice of layering baked sweet potato slices with butter and sugar in a casserole dish dates back to the Virginia colony, and it reflects the merger of European, indigenous Latin American and African influences. Yet it was George Washington Carver who popularized the sweet potato in the South with nearly four dozen guides that included several recipes such as sweet potato pie. The dish remains a Southern favorite in both African-American and European-American households, particularly as a dessert at holiday feasts.

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Slice of sweet potato pie



# AMERICAN BEACH SWEET POTATO PIE

**75**  
MINUTES  
TOTAL

**6**  
TOTAL  
SERVINGS



## INGREDIENTS

2 large, sweet potatoes, boiled whole	1/8 teaspoon ground ginger
1 stick butter or margarine	1 can sweetened condensed milk
1 cup sugar	1/2 cup canned evaporated milk
1 tablespoon ground cinnamon	3 eggs
1 teaspoon ground nutmeg	1/4 teaspoon grated orange rind
1/8 teaspoon ground cardamom	2 teaspoons vanilla extract

## DIRECTIONS

1. Preheat oven to 350 degrees. Peel sweet potato and mash while hot. Stir in butter or margarine, sugar, cinnamon, nutmeg, cardamom, ginger, condensed milk, and evaporated milk.
2. Mix well with an electric mixer. Add eggs one at a time and mix after each addition. Stir in orange rind and vanilla. Set aside.
3. Lightly butter 8 1/2 – inch x 12 1/2 -inch x 2-inch-deep baking pan. Line pan with piecrust and pour potato filling over crust. Bake for 1 hour and 15 minutes, or until knife inserted in center comes out clean. Remove from oven and cool.  
Can be served warm or chilled.

## FACTS

Sweet potatoes are consumed in a variety of ways throughout the world. They can be boiled, baked, fried, sauteed, mashed, and even fermented. Sweet potatoes are sometimes referred to as 'yams' in the South, yet they are not related to true yams.

Sweet potatoes are rich in vitamins A and C, iron, calcium, and carbohydrates.

Recipe adapted from Phelts, Marsha Dean. 2008. The American Beach Cookbook. University of Florida Press. pgs. 110-111

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