

Candied Yams

Yams
Sugar
Cinnamon
Nutmeg
Allspice
Cloves
Butter
Vanilla
Orange Juice
Lemon

1. In a bowl mix some sugar, cinnamon, allspice, cloves and nutmeg. Sorry for the lack of measurement - but you just have to go by taste - some people like it reallllly sweet. Be sure to not overdo the cloves, nutmeg or allspice - they are bitter if you use too much.
2. In a second bowl mix some orange juice, fresh lemon juice, and vanilla. Again you go by taste - I like a lot of citrus.
3. Boil the yams whole, and when they are soft take them out of the pot and the peel will come off very easily. Then slice the yams into circles approximately 1" in thickness.
4. Layer the yams in a baking dish. Then pour some of the orange juice mixture onto the yams (at least enough to cover the bottom of the pan), along with some sliced butter (don't be shy with the butter - this is NOT a calorie friendly dish), and some of the sugar mixture.
5. Repeat step 4 so that you have 2 layers of yams and the mixtures.
6. Bake at 350 until it is hot and bubbly - about 40 minutes or so.
7. Enjoy!