

Sweet Potato Biscuits

We repeated the recipe once with each kindergarten group, for a total of 4 groups. Each batch made about 10-15 small biscuits. The kids loved to add flour and knead the dough, but it came out beautifully every time. This used basic pantry items except sweet potatoes. And is an inexpensive recipe to do with a group.

Our message was about having healthy vegetables in the winter. We talked about not finding many fresh vegetables in the garden this time of year. We talked about how a sweet potato could be stored over the winter in a cool, dark place. Might also mention how cheap sweet potatoes are and what vitamins they contain.

Equipment

Measuring cups (3-1/2 cup dry measure, 1-1/3 cup liquid measure)

Measuring spoons (1 TBS, 1 tsp, 1/2 tsp, 1/4 tsp)

One small bowl

2 medium bowls

One mixing bowl

Forks for mixing

Spoons for measuring

Baking sheets (two for cooking one, other for measuring ingredients over)

Parchment paper

Biscuit cutters or glass

Dough scraper

Ingredients

1 c. all-purpose flour

1 1/2 tsp. baking powder

1/4 tsp. salt

Pinch of ground nutmeg

1/2 c. cooked, mashed sweet potatoes

1/3 c. milk

3 tbsp. vegetable oil

Prebake 3-4 sweet potatoes the night before. Pierce with a fork and cook at 400 degrees for 40-60 minutes. Check for doneness at 40 minutes. Potatoes should be yielding all the way to the center. Cool and store in refrigerator until next day (or later that day).

Before students arrive, prep the stations outlined below. Line two baking sheets with parchment paper.

We set up three stations, each with its own bowl and measures. At each station we wrote in large letters the measurements of each ingredient. An adult supervised each station but one adult could probably supervise it all for older students:

- 1) 2 students peeled the sweet potato and mashed it with a fork in a small bowl. Skins will easily peel off by hand. Peels can go into worm food bin.

- 2) 2-3 students measured the flour, baking powder, salt and grated the nutmeg (if you don't have a grater, use pregrated and just measure it). Each ingredient was on a baking sheet to catch any spills. Parent supervised so that we didn't over measure. We had students measure the flour in ½ cups increments so they both had something to do. They spooned the flour into the measure. They dumped measured ingredients into a bowl and mixed.
- 3) Last group of 2 students measured the wet ingredients into a small bowl. Milk was put into a small pitcher to make it easier to lift and reduce chance of waste. We had our oil in a pump container so students measured out 24 pumps (about 3 TBS).

The groups came together to share what they had mixed (a child from each group told us what they put in). We then mixed it together into another bowl (to reduce the number of bowls we had to wash we reused each one for all groups). First we added the mashed potatoes, then the wet and an adult gently stirred them together, and then we added the dry. (I know this is different than you may usually do but it works just great). An adult did a quick first stir with a fork, and then 2-3 children took a turn stirring. We urged them to scrap down the sides.

We moved to a prefloured surface and after a final adult stir, we had the kids dump the dough onto the surface. Dough was be soft. We showed the students how to knead (fold together then squish it down), and 2-4 students took turns doing 1-2 kneads. Students added a lot of flour and the dough did stick to their hands, but we showed them how to roll it off by rubbing their hands together. We then patted the dough out to about as thick as a child's finger (about 10 inches wide). We put a 2-inch or smaller biscuit cutter into flour then had students cut out biscuits. We urged them to cut nearest the edges but they often didn't. We rebunched the dough and patted it out again to make more. For the final small scraps we gave each child a pinch to free form biscuits.

We tried to group the smaller biscuits to the center and the larger ones to the edges. We cooled them on a rack. We were able to trade off baking sheets so that the one just out of the oven was cool by the time the next group needed it.

Bake at 425 degrees for 10-15 minutes or until lightly browned. Biscuits cooled quickly and were served for snack.