Chef Manny's secrets for the best sweet potato casserole

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Featured topic and speaker

Looking for the perfect holiday side dish that's equal parts comforting and delicious?

Chef Manny (@ChefMannyFD) puts a new spin on the classic sweet potato casserole by adding cinnamon, fresh orange juice, crunchy pecans and toasted marshmallows. Along the way, he shares simple cooking tips for building flavor and creating a holiday favorite that's sure to impress family and friends.

In this video, you'll learn:

- How to roast sweet potatoes for the best texture and flavor
- Why cinnamon and fresh orange juice make a great flavor combination
- Tips for creating a smooth and creamy sweet potato filling

Whether you're planning Thanksgiving dinner, a holiday gathering or simply craving a comforting seasonal dish, this sweet potato casserole is a crowd-pleasing addition to the table.

Sweet Potato Casserole Recipe

INGREDIENTS

Sweet potatoes

½ cup milk

1 tsp cinnamon

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Juice of 1 orange

Pecans

Marshmallows

Olive oil (for baking dish)

STEP 1: ROAST THE SWEET POTATOES

Heat oven to 400°F. Roast sweet potatoes until tender all the way through. Allow them to cool slightly, then remove the skins.

STEP 2: BUILD THE FILLING

Add milk, cinnamon and orange juice to the sweet potatoes. Mash until smooth and well combined.

STEP 3: PREPARE THE BAKING DISH

Lightly coat a baking dish with olive oil. Spread the sweet potato mixture evenly in the dish.

STEP 4: ADD THE TOPPING

Sprinkle pecans over the sweet potato mixture.

STEP 5: BAKE AND FINISH

Bake until heated through. Remove from the oven, top with marshmallows and return to the oven until the marshmallows are toasted and golden brown.

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Speaker

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- **Chef Manny**, Orlando Fire Department Assistant Chief of EMS and nationally known television chef

Transcript

Chef Manny: Hey, it's holiday season and you know you gotta have a sweet, you know, just like me. So for this one, we have a sweet potato casserole. But we're not just going to do any sweet potato casserole. We're going to remix it with, of course, the sweet potato, but then we mix some marshmallows, pecans, orange. It's a whole game changer, and I'm going to show you how to do it. Come on, let's check this out.

Roast our sweet potatoes at 400 degrees, until they're tender all the way through. Give them a little time to cool before you take the skins off. You see that orange flesh? That's our starting point.

Next, we're going to add a half a cup of milk, a teaspoon of cinnamon, a juice of one orange going into the potatoes. Mash until smooth. Give it a smell. Oh, it smells great.

We're bringing in flavor before we even touch the topping. Got that citrus in there. Maybe a little more cinnamon.

All right, here, we're going to put a little oil on the pan. We're going to do a little olive oil. We want to make sure we have some lubrication here to make sure it doesn't stick.

I know what you're seeing this, and like, what is this? What is going on here? Trust me. As we go along here, we're going to start adding some different textures and different layers to it. This is just the first part.

All right, so now we have the sweet potato done, let's go ahead and get some pecans on here.

And this bad boy is going in the oven.

All right, now the sweet potato casserole is done. Let's get it out of the oven, and we're going to add some marshmallows on top. All right, add the little marshmallows on.

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And for the grand finale for the sweet potato casserole, we add our marshmallows on to melt a little bit. But, you know, I just can't do this without it-- you know, making it the Chef Manny FD style. We gotta put some flames on them, baby.

Hey, there we go, just get a little brown on them. Look at that.

Now, that sounds like the holidays. Puts some flames on them. Wooh!

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