



215 Walnut Street, Suite 205, Yankton, South Dakota 57078
info@HistoryCooks.com · www.HistoryCooks.com
toll-free: 877.581.8422 · 605.668.9588 · fax: 605.668.9586

History Cooks® Food and History Lesson
SOUTHERN PLANTATION COOKING*
SWEET POTATO PIE*

Objectives: After completing this lesson, the student should be able to:

- Understand pie baking process
- Notice how addition of spices adds interesting flavor to sweet potatoes

Introduction: Students take turns reading paragraphs on page 28 of **SOUTHERN PLANTATION COOKING***

SWEET POTATO PIE*

Ingredients
2 medium sweet potatoes
3/4 cup firmly packed brown sugar
3 eggs
3/4 cup half and half
1 teaspoon cinnamon
1/2 teaspoon salt
1/2 teaspoon nutmeg
1/2 teaspoon ground ginger
1/4 teaspoon cloves
1 unbaked 9-inch pie shell

Equipment
baking sheet
sharp knife
medium bowl
potato masher or fork
large bowl
dry-ingredient measuring cups
liquid measuring cup
measuring spoons
electric mixer or hand mixer
aluminum foil
pot holder

Methods:

1. Preheat oven to 350 degrees Fahrenheit.
2. Place sweet potatoes on baking sheet. Bake for about 1 hour. Do not turn off oven
3. Cool sweet potatoes for 10 minutes. Peel by pulling strips of skin away from the flesh with a sharp knife.
4. Mash potatoes in medium bowl with potato masher or fork.
5. In large bowl or large mixer bowl, combine potatoes, 3/4 cup brown sugar, 3 eggs, 3/4 cup half and half, 1 teaspoon cinnamon, 1/2 teaspoon salt, 1/2 teaspoon nutmeg, 1/2 teaspoon ginger, and 1/4 teaspoon cloves.
6. Beat at medium speed until smooth. Pour into pie shell. Bake for 50 to 55 minutes or until filling is set and a knife inserted in center comes out clean. If crust edges turn brown before pie is done, use pot holders to gently place strips of aluminum foil over crust edges and continue baking, as directed.

I

Demonstration:

Option 1: Hands-On Student Cooking – Students divide into groups of 2-3. Instructor briefly demonstrates equipment use, discusses methods and introduces ingredients. Instructor assigns sweet potato pie recipe to each group OR assigns each group separate Southern Plantation recipes in addition to sweet potato pie recipe.

Option 2: Instructional Cooking – Instructor prepares recipe with students' assistance. Instructor demonstrates equipment use, discusses methods, and introduces ingredients as recipe is prepared. Students actively participate in equipment use, ingredient measurement, and preparation methods.

History Cooks® Food and History Lesson
SOUTHERN PLANTATION COOKING*
SWEET POTATO PIE*

Class Discussion Questions:

Hint- Remember to approach questions from both a Southern Plantation standpoint and a present day view.

- Why would the slaves use sweet potatoes for pie instead of fruit?
- Apple and cherry pies are common types of fruit pies. What are some pie flavors that are not fruit?
- Cooking on a Southern Plantation was not an easy task, especially when cooking for the slaves. What type of obstacles do you think the plantation cook encountered?
- Think about what it was like to be on a Southern Plantation. How would you feel if you were a slave?....a plantation owner?.....an overseer?

*Recipe reprinted from **Southern Plantation Cooking** by Mary Gunderson. Capstone Press, Blue Earth Books, 2000. \$18.95. Special pricing for Schools and Libraries. Call History Cooks® toll-free: 877.581.8422

History Cooks®

215 Walnut Street. Suite 205

PO Box 709

Yankton, South Dakota 57078

mary@historycooks.com

605.668.9588 phone

605-668-9586 fax

www.historycooks.com