

## MASHED PURPLE SWEET POTATOES



### Ingredients (serves 4 people):

500 g peeled and medium diced purple sweet potato

2 to 4 tbsp unsalted butter

1/2 cup cold milk

Salt to taste

Black pepper to taste

¼ cup of red wine

### Preparation:

1. Place the purple sweet potato in a pan with plenty of water and bring to high heat.
2. When it boils add a tablespoon of salt and cook the purple sweet potato until soft or for about 15 to 20 minutes.
3. Drain and mash the purple sweet potato in a kneader or with the fork or a mixer until mashed.
4. Add butter in a pan over low heat with the purple sweet potatoes and mix quickly.
5. Put the milk in the mashed of purple sweet potatoes.
6. Mix all ingredients.
7. Add red wine and mix quickly.
8. Remove from heat.
9. Season with pepper to taste.