

# Country Cousins Deliver Crowd-Pleasin' Comfort Food

*North Carolina Sweetpotato Biscuits and Virginia Traditions Country Ham Make Perfect Partners*

(NAPSA)—Franks and beans. Peanut butter and jelly. Country ham and sweetpotato biscuits. Some foods were just made for each other.

Sweetpotato biscuits have steadily served as a symbol of Southern hospitality, and country ham has remained a delicacy since colonial times, when settlers adopted Native American meat and fish smoking techniques. Together the two combine seamlessly to create delightful party hors d'oeuvres, a hand-held sandwich for dashboard diners or a satisfying main dish. Look no further than these two country cousins to deliver pure comfort food any time of year, any time of day.

"Sweetpotato biscuits are savored year round and especially during the holidays," says Sue Johnson-Langdon, executive director of the North Carolina SweetPotato Commission. "Besides adding vivid color, taste and velvety texture to a variety of recipes, sweetpotatoes supply a powerhouse of nutrition. Not only that, the celebrated flavor of sweetpotatoes makes them ideal for everyday or special occasion menus." North Carolina is the nation's leading producer of sweetpotatoes.

"Country comfort food never tasted so good! The sweetpotato biscuit's slightly sweet taste is the perfect companion to the unique, intense flavor of our fully-cooked Edwards Virginia Ham Slices," says Sam Edwards, president of S. Wallace Edwards & Sons, Inc. Since 1926, the Edwards family has created authentic, hickory-smoked Virginia hams, bacon and sausage.



**The combination of Virginia country ham and sweetpotato biscuits makes for a delightful appetizer, snack or meal for any occasion. The sweetpotato biscuit recipe is adapted from Brian Stapleton, Executive Chef at The Carolina Inn in Chapel Hill, N.C.**

The following easy-to-make recipe will have them beggin' for more.

For more recipes or information regarding sweetpotatoes, visit [www.ncsweetpotatoes.com](http://www.ncsweetpotatoes.com). Or send a business-size SASE to North Carolina SweetPotato Commission, P.O. Box 575, Dept. MR2, Selma, NC 27576.

For a free Virginia Traditions catalog featuring country ham and other specialty food products, call 800-222-4267 or visit S. Wallace Edwards and Sons at [www.virginiatraditions.com](http://www.virginiatraditions.com) to shop online.

## **Sweetpotato Biscuits & Virginia Traditions Country Ham**

**2 cups all-purpose flour**  
**6 teaspoons baking powder**  
**1 teaspoon salt**  
**8 tablespoons cold butter**  
 **$\frac{3}{4}$  cup buttermilk**

**1 cup mashed sweetpotato, cooled (from two medium sweetpotatoes)**

**Pinch cinnamon**  
**Pinch nutmeg**

**1 lb. country ham, pre-sliced (recipe tested with Edwards Virginia Cooked Ham Slices)**

**Preheat oven to 425 degrees. Sift together flour, baking powder and salt. Cut in cold butter until mixture is pea-sized. Add buttermilk to mixture and combine. Stir in sweetpotato, cinnamon and nutmeg, being careful not to over mix. On a lightly floured surface, roll dough to  $\frac{1}{2}$ -inch thickness. Cut into 3-inch rounds. Bake until golden brown, about 18 to 20 minutes.**

**Split and stuff with ham slices.**

**Makes one dozen sweetpotato and country ham biscuits.**