

# Sweet Potato Home Fries

## Ingredients

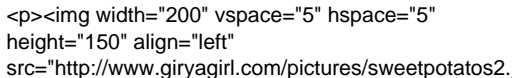
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- 2 yam, garnet (I choose small thin ones like in the picture below)
- 1 T coconut oil (or bacon fat as pictured!)
- 3 ds sea salt, himalayan (to taste)
- 5 ds black pepper, fresh (to taste)

## Instructions

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I choose organic garnet yams, shaped in this way because they are easier to slice into rounds and then sticks - this shape of yam is also very well suited to being cut on a mandolin or v-slicer if you have one. &nbsp;&nbsp;  Totally optional btw - use what you have - sweet potato/yam or equipment wise. &nbsp;&nbsp;  Personally I'm still all about this one chef knife - never even got around to buying an paring knife - it is used for all the cutting tasks here.

Cut the sweet potatoes or yams into 1/4" thick slices and then 1/4" sticks (1/4" = 6mm).

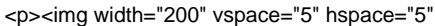
# Sweet Potato Home Fries

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A placeholder for an image of sweet potato home fries. The image is intended to be 200 pixels wide, 150 pixels high, and is aligned to the right.

height="150" align="right"

src="http://www.giryagirl.com/pictures/sweetpotatos3.jpg"

alt="" />Heat the tablespoon of your chosen cooking fat - coconut oil or like in the picture - BACON&nbsp;DRIPPINGS! (strained from the pan after I baked some organic bacon last week (to the exacting instructions from Mark Sission's Primal Blueprint Cookbook) - and stored in a sealed container in the refrigerator).&nbsp;

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# Sweet Potato Home Fries

<p>Heat the pan (carefully) on medium then  
pan fry the sweet potatoes, shaking on a little of  
the seasonings at a time, stirring/flipping  
frequently until they are as our occasional muse,  
Alton Brown would say &quot;GBD&quot; or  
&quot;Golden Brown and Delicious&quot;.&nbsp; You  
may eat them as a side dish at this point, tossed  
into or alongside and omelet or bunless burger -  
or whatever!</p>  
<p>&nbsp;</p>

# Sweet Potato Home Fries

<p>Below is a picture of what I&nbsp;did - which was to reheat some leftover ground pork Asian-ish style lettuce wrap filling from the previous day - and mix it in - delicious!!</p>

<p></p>