

Roasted Sweet Potato in Cape Gooseberry Sauce

Ingredients

- Two large sweet potatoes
- 1 cup of cape gooseberries
- 1/3 cup white wine
- 1 tbsp. sugar
- Pinch of salt
- A sprig of rosemary
- 1/3 cup water
- Vegan butter for serving (optional)

Steps

1. Preheat the oven to 425°F (220°C). Use a fork to pierce the sweet potatoes skin several times, and place on a baking sheet. Once the oven has heated, bake for 45-60 minutes, until soft.
2. Add the gooseberries, white wine, water, sugar, salt and rosemary to a small saucepan. Bring to a boil and reduce to a simmer, allowing it to continue to simmer for around 10 minutes. The gooseberries should be soft and split. Remove the rosemary spring, and use an immersion blender to break up the berries. Continue cooking the sauce on the stove, and place the rosemary back in the pot. Allow to reduce until it is a consistency you like (I let mine cook another 10 minutes).
3. Once the sweet potatoes have cooked, remove them from the oven. Cut a slit down each of the potatoes. Serve hot, with vegan butter (if desired) and the warm gooseberry sauce on top.

