



Old-fashioned sweet potato turnovers from scratch are a timeless delight that brings warmth and joy to any table. These pastries are made with a perfectly [spiced sweet potato](#) filling wrapped in a golden, flaky crust that melts in your mouth. Their homemade charm and comforting flavors make them a favorite for family gatherings, holidays, or a special everyday treat. The process may seem intricate, but with a little guidance and practice, you'll find that preparing these delectable turnovers is as enjoyable as eating them. Let's explore the steps to make this classic dessert a cherished tradition in your kitchen.

Ingredients for Sweet Potato Turnovers: What You'll Need

Before you begin crafting these delicious pastries, make sure you have the right ingredients on hand. To create old-fashioned sweet potato turnovers from scratch, you'll need:

- **Sweet Potatoes** (2 large): The star of the show. Soft, creamy, and naturally sweet.
- **Butter** (unsalted, cold): Essential for flaky pastries.
- **All-Purpose Flour** (2 ½ cups): The base of your dough.
- **Sugar** (½ cup): Enhances both the dough and sweet potato filling.
- **Cinnamon, Nutmeg, and Vanilla Extract** (to taste): These spices add warmth to the filling.
- **Egg** (1 large): Used for sealing and glazing the turnovers.
- **Milk or Heavy Cream** (optional): Helps achieve a creamier texture in the filling.

Having these ingredients ready will make the process smoother and ensure your turnovers are packed with flavor.

Step-by-Step Guide: Preparing Sweet Potato Pastry Dough

The foundation of any good turnover is the dough. Here's how you can prepare your own flaky pastry:

1. Combine Dry Ingredients: Start by mixing all-purpose flour, a pinch of salt, and a tablespoon of sugar in a large bowl. This forms the base for your old-fashioned sweet potato turnovers from scratch.



2. Add Cold Butter: Cut cold butter into small cubes and work it into the flour using your fingertips or a pastry cutter. The texture should resemble coarse crumbs.

3. Slowly Add Water: Gradually mix in ice-cold water, one tablespoon at a time, until the dough comes together. Be cautious not to overwork the dough, as this can make it tough instead of flaky.

4. Chill the Dough: Cover the dough with plastic wrap and place it in the fridge for a minimum of 30 minutes. This step is crucial for ensuring it rolls out smoothly.

With your pastry dough ready, you're one step closer to crafting the ultimate homemade turnovers.

How to Prepare the Sweet Potato Filling

While the dough rests, it's time to prepare the star ingredient—the sweet potato filling. Here's the step-by-step process:

- 1. Cook the Sweet Potatoes:** Roast or boil the sweet potatoes until tender. Roasting enhances the natural sweetness.
- 2. Mash and Mix:** Peel the cooked sweet potatoes and mash them until smooth. Add sugar, cinnamon, nutmeg, and vanilla extract to taste.
- 3. Cool the Mixture:** Allow the filling to cool to room temperature before assembling the turnovers.

The filling should taste rich, spiced, and slightly sweet—perfect for your old-fashioned sweet potato turnovers from scratch!

Crafting Sweet Potato Puff Pastry Rolls with a Homemade Twist

Ingredients You'll Need:

- 1 sheet of puff pastry, thawed
- Sweet potato filling (prepared as detailed above)
- 1 egg, beaten (for egg wash)
- Optional toppings:
- Powdered sugar



- Cinnamon sugar
- Chopped nuts

Step-by-Step Instructions:

1. Prepare the Puff Pastry:

Roll out the thawed puff pastry on a lightly floured surface to ensure smooth edges. Cut the pastry into equal-sized rectangles or squares, depending on your preferred roll size.

2. Fill and Roll:

Place a spoonful of the sweet potato filling in the center of each pastry piece. Fold over the pastry to encase the filling, forming a roll or a pocket.

3. Add a Golden Finish:

Brush the tops of the rolls with the beaten egg to give them a golden sheen during baking.

4. Bake to Perfection:

Preheat the oven to 375°F (190°C). Arrange the rolls on a parchment-lined baking sheet and bake for 20-25 minutes, or until the pastry is puffed and golden brown.

5. Cool and Decorate:

Allow the rolls to cool slightly before topping with a dusting of powdered sugar, cinnamon sugar, or a sprinkle of chopped nuts if desired.

These sweet potato puff pastry rolls are a delightful mix of flaky layers and spiced sweetness—a modern twist on a classic favorite!

Sweet Potato Turnovers with Crescent Rolls: A Quick Alternative

Want a faster way to enjoy sweet potato pastries? This easy recipe swaps puff pastry for crescent roll dough, cutting down on prep time without sacrificing flavor. Follow these simple steps for a quick and delicious treat:



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1. **Gather Your Ingredients:**

You'll need canned crescent roll dough, mashed sweet potatoes, a pinch of cinnamon, brown sugar, and a bit of melted butter for brushing.

2. **Preheat the Oven:**

Set your oven to 375°F (190°C) to ensure it's ready for even baking.

3. **Prepare the Filling:**

Mix the mashed sweet potatoes with cinnamon and brown sugar in a bowl until well combined.

4. **Roll Out the Dough:**

Separate the crescent roll dough into individual triangles and lay them flat on a clean surface.

5. **Add the Filling:**

Place a small scoop of the sweet potato filling onto the broad end of each triangle.

6. **Fold and Seal:**

Gently roll the dough starting at the wide end, wrapping it around the filling toward the tip. Pinch the edges to ensure it's sealed properly.

7. **Brush with Butter:**

Lightly brush the turnovers with melted butter to give them a golden, flaky finish.

8. **Bake:**

Place the turnovers on a parchment-lined baking sheet and bake for 12-15 minutes, or until golden brown.

9. **Serve and Enjoy:**

Allow the turnovers to cool slightly before serving. Optional toppings include a dusting of powdered sugar or a drizzle of maple syrup.



These crescent roll turnovers are a perfect combination of ease and deliciousness, making them an ideal choice for busy days or last-minute gatherings!

Transforming Sweet Potato Pastry Rolls into a Savory Delight

Sweet potato pastry rolls can easily be turned into a savory treat with just a few tweaks to the recipe. Follow these steps to create a perfect balance of flavors:

- **Prepare the Filling:**

Replace the sweet ingredients with savory ones. Mash the sweet potatoes and mix them with sautéed onions, garlic, a pinch of smoked paprika, and grated cheese for extra richness.

- **Season and Adjust:**

Add salt, pepper, and your favorite fresh herbs, such as thyme or rosemary, to the filling.

- **Fill the Dough:**

Spoon the savory sweet potato mixture onto the crescent roll dough and roll them up as instructed in the original recipe.

- **Brush and Sprinkle:**

Gently coat the tops with melted butter or a thin layer of egg wash. Sprinkle with sesame seeds, grated Parmesan, or a touch of coarse sea salt for added texture and flavor.

- **Bake:**

Bake as per the original instructions, keeping an eye on them to ensure a golden-brown finish.

- **Serve and Enjoy:**

Allow to cool slightly before serving. These savory rolls pair wonderfully with a fresh salad or a side of soup for a complete meal.



This savory adaptation of sweet potato pastry rolls is perfect for brunch, snacks, or even as an appetizer for your next gathering!

Mini Sweet Potato Pie Turnovers: A Bite-Sized Treat

These bite-sized turnovers are a delightful twist on a classic dessert, combining the creamy sweetness of sweet potato filling with a flaky, golden crust. Perfect for parties, snacks, or a fun dessert, these are sure to impress!

Steps

1. Prepare the Sweet Potato Filling:

Start by peeling and boiling one large sweet potato until tender. Thoroughly mash it and combine with brown sugar, cinnamon, nutmeg, a dash of vanilla extract, and a small pinch of salt. Adjust the spices and sweetness to suit your preference.

2. Roll Out the Dough:

Use store-bought pie crust or prepare your favorite homemade version. Roll the dough out on a floured surface, ensuring an even thickness. Cut it into small circles or squares depending on your preferred turnover shape.

3. Fill and Seal:

Fold the dough over to create a half-moon or triangle shape, and seal the edges by pressing with a fork.

4. Brush with Egg Wash:

For a beautiful golden finish, brush the tops of the turnovers with a beaten egg mixed with a teaspoon of water.

5. Bake to Perfection:

Arrange the turnovers on a parchment-lined baking sheet and bake at 375°F (190°C) for 15-20 minutes or until the crust is golden brown and crisp.

6. Cool and Serve:



Allow the turnovers to cool slightly before serving. Optionally, dust with powdered sugar or drizzle with a glaze for extra sweetness.

These mini sweet potato pie turnovers are deliciously portable treats that will satisfy your sweet tooth and wow your guests!

Exploring Sweet Potato Puff Pastry Savory Recipes

Sweet potato isn't just for sweet treats—it shines just as brightly in savory recipes. Here are some inspiring savory ideas to try using puff pastry and sweet potatoes:

Sweet Potato and Feta Parcels

- Dice roasted sweet potatoes and mix them with crumbled feta cheese.
- Add a sprinkle of fresh thyme and a pinch of black pepper for flavor.
- Fill puff pastry squares with the mixture, fold, and bake until golden.

Spiced Sweet Potato and Chickpea Puffs

- Mash cooked sweet potatoes and blend with spiced chickpeas (seasoned with cumin, paprika, and garlic).
- Add a dollop of yogurt or tahini for creaminess.
- Fill puff pastry circles, seal, and bake for a hearty, protein-packed snack.

Sweet Potato and Caramelized Onion Tarts

- Thinly slice roasted sweet potatoes and layer them with caramelized onions on puff pastry squares.
- Garnish with a sprinkle of goat cheese and fresh rosemary.
- Bake to create a rich and flavorful savory tart.

Curry Sweet Potato Pastry Bites

- Combine mashed sweet potatoes with curry spices, cooked peas, and chopped cilantro.
- Fill small puff pastry squares, fold into triangles, and bake until crisp for an exciting flavor-packed appetizer.

Savory sweet potato puff pastry recipes bring a perfect balance of rich flavors and layered textures, making them ideal for snacks, appetizers, or even a unique main dish!



Tips for Perfecting Your Sweet Potato Puff Recipe Every Time

Here are some essential tips to make sure your turnovers turn out perfectly, every single time:

- **Chill Everything:** Keep both the dough and filling cold before assembly.
- **Don't Overfill:** It's tempting to add a generous amount of filling, but too much can cause the turnovers to burst during baking.
- **Seal Properly:** Use a fork to seal the edges tightly and prevent leakage.
- **Brush with Egg Wash:** Brushing the turnovers with a beaten egg ensures a beautiful, golden-brown finish.
- **Allow to Cool:** While it's hard to wait, cooling the turnovers after baking helps the flavors settle and prevents burned tongues!

Conclusion

Sweet potato puff pastries are a delightful addition to any meal or occasion, blending comforting flavors with a golden, flaky crust. By following the tips provided, you can ensure your pastries are beautifully crafted and bursting with flavor every time. Whether served as an appetizer, snack, or creative entrée, these versatile treats are sure to impress family and friends alike. Happy baking!

FAQs

1. Can I use store-bought puff pastry for this recipe?

Yes, store-bought puff pastry works perfectly and saves time. Make sure to thaw it properly before use.

2. What can I use as an alternative to sweet potato?

You can substitute sweet potato with pumpkin, butternut squash, or even mashed carrots for a similar texture and flavor profile.

3. How do I store leftover puff pastries?

Store leftover puff pastries in an airtight container at room temperature for up to two days.



For longer storage, refrigerate them and reheat in the oven to retain their crispiness.

4. Can I freeze the assembled pastries before baking?

Yes, you can freeze uncooked pastries on a baking sheet until firm, then transfer them to a freezer bag. Bake them directly from frozen, adding a few extra minutes to the baking time.

5. What dipping sauce pairs well with sweet potato puff pastries?

Sweet potato puff pastries pair wonderfully with honey mustard, spicy aioli, or even a simple maple syrup drizzle for added sweetness.