

Yams

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Yams

Yam is the common name for some plant species in the genus *Dioscorea* (family Dioscoreaceae) that form edible tubers. Yams are perennial herbaceous vines cultivated for the consumption of their starchy tubers in many temperate and tropical world regions, especially Latin America, Africa, Asia, and Oceania.

Yam (vegetable) - Wikipedia

Yams are tubers, sweet potatoes are root vegetables—and you're almost certainly eating orange sweet potatoes in North America. Chef John's Candied Yams See how to make this top-rated holiday side dish. Roasted Yam and Kale Salad

Yam Recipes - Allrecipes.com

Actual yams, found largely in Africa, Central America and the Caribbean, are very different than the vegetable we think of as a yam. The U.S. version, is, in fact, a variation of a sweet potato! Way back when, produce shippers dubbed orange-fleshed sweet potatoes "yams" to differentiate them from standard potatoes, and the name has stuck.

How to Cook Yams | Better Homes & Gardens

Yams are nutrient-dense tuber vegetables that come in many colors. They're a great source of fiber, potassium, manganese, copper, and antioxidants. Yams are linked to various health benefits and...

11 Health and Nutrition Benefits of Yams

Candied yams are a classic Southern side dish, especially when it comes to Thanksgiving. Even though Mama makes the same sweet potato casserole every year, she won't be offended if you bring these candied yams once she tries them. Lightly spiced and oh-so-sweet, these candied yams will become a mainstay in your Thanksgiving recipe lineup.

Classic Candied Yams Recipe | Southern Living

Yams, a naturally sweet "tuber" you probably always confuse for sweet potatoes, are delicious baked and eaten plain. But they can also be used as the base for the perfect side dish. These sweet and...

5 Yam Recipes - How to Cook Yams

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Canned yams are glazed with butter and brown sugar, topped with marshmallow, and baked in this satisfying Thanksgiving classic.

Candied Yams Recipe | Allrecipes

Yams The true yam is the tuber of a tropical vine (*Dioscorea batatas*) and is not even distantly related to the sweet potato. It's a popular vegetable in Latin American and Caribbean markets, with over 150 varieties available worldwide, and slowly becoming more common in the United States.

The Difference Between Sweet Potatoes and Yams

Yams are native to Africa and Asia, with the majority of the crop coming from Africa. They are related to lilies, and can be as small as a regular potato or jumbo in size (some grow five feet long!). Yams have a cylindrical shape with blackish or brown, bark-like skin and white, purple, or reddish flesh.

What's the Difference Between Yams and Sweet Potatoes ...

Wild yam is a plant. It contains a chemical called diosgenin. This chemical can be made in the laboratory into various steroids, such as estrogen and dehydroepiandrosterone (DHEA). The root and the...

Wild Yam: Uses, Side Effects, Interactions, Dosage, and ...

Yams have some distinct characteristics that help distinguish them from sweet potatoes, mainly their size and skin. They are cylindrical in shape with brown, rough, bark-like skin that is difficult...

Sweet Potatoes vs Yams: What's the Difference?

yams (*D. rotundata*). Yam plant is a perennial vine cultivated for its large, edible, underground tuber, which can reach up to 120 pounds in weight and 2 meters in length. They are one of the conventional tropical crops requiring hot, humid climates and may cease to grow when the temperature dips below 68 degrees F.

Yams nutrition facts and health benefits

Alton Brown discusses the difference between sweet potatoes and yams with nutritional anthropologist Deb Duchon. It turns out sweet potatoes are not merely potatoes that happen to be sweet.

Yam Recipes : Food Network | Food Network

Preheat oven to 400°. Butter a medium baking dish. In a medium sauce pan over medium heat, combine sugar, orange juice, butter, cinnamon stick, bourbon if using, nutmeg, and salt.

Best Candied Yams Recipe - How To Make Candied Yams

Orange sweet potatoes are often labeled as yams, but in truth, yams are in an entirely different family of root vegetables. A true yam is starchier than a sweet potato, but also sweet. Yams come from Africa and the Caribbean, and must be cooked in order to be safe to consume.

Candied Yams Recipe | MyRecipes

Yams are a monocot (a plant having one embryonic seed leaf) and from the Dioscoreaceae or Yam family. Sweet Potatoes, often called 'yams', are a dicot (a plant having two embryonic seed leaves) and are from the Convolvulacea or morning glory family.

What is the difference between sweet potatoes and yams ...

Candied yams are like a little preview of dessert, a treat for the sweet tooth before the serious business of pies and ice creams begin in earnest. As an adult, I now realize that candied yams properly occupy the middle position between the mashed potatoes and the cranberry sauce.

Candied Yams Recipe | SimplyRecipes.com

Yam, any of several plant species of the genus *Dioscorea* (family Dioscoreaceae) grown for their edible tubers. Yams are native to warmer regions of both hemispheres, and several species are cultivated as staple food crops in the tropics.

yam | Description, Uses, & Species | Britannica

Alton Brown discusses the difference between sweet potatoes and yams with nutritional anthropologist Deb Duchon. It turns out sweet potatoes are not merely potatoes that happen to be sweet.

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