



Mashed Sweets, Perfect Topper for Trump Rump, p. 88
You Are Who You Eat, The Revolutionary New Cannibal Diet
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Cannibal Home Companion
Recipe for
You Are Who You Eat,
The Revolutionary
New Cannibal Diet
By Ina Silvert Hillebrandt

Ingredients

- 1 Trump Roast, 4 lb., room temperature
- 3 garlic cloves, cut in half
- 1 Tb salt
- 1 Tb pepper
- 1 large onion, coarsely chopped
- ½ cup red wine (American)
- ½ cup water

Garnish

- 4 large sweet potatoes
- More salt, pepper, plus cinnamon and nutmeg to taste
- 2 large green olives, stuffed with pimientos
- 2-3 cannelloni beans (cooked/canned)
- 1 baby corn (from jar)

Directions

1. Pre-Heat the oven to 500 degrees.
2. Prep the roast by making 4-5 slits in its sides, and filling each of the slits with some of the salt and pepper, and 1/2 of a clove of garlic.
3. Salt and pepper the surface of the roast. Put into roasting pan with high enough sides to hold liquids.
4. Take sweet potatoes, wash and scrub. Wrap in aluminum foil. Put the potatoes onto a separate baking dish or tray.
5. Put both potatoes and roast in the oven and sear roast for 20 minutes.

6. To the roasting pan, add the water, wine and chopped onion. Reduce the temperature to 275 degrees.
7. Leaving potatoes in the oven, cook roast for 20 minutes per lb. for rare, 25 minutes for well done.
8. Remove roast from oven, letting it sit to absorb juices.
9. Leaving potatoes in the oven, cook roast for 20 minutes per lb. for rare, 25 minutes for well done.
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Sweet potato assembly

Remove skin from sweet potatoes, putting the flesh into a bowl.

Add 1-2 TB butter

Add salt, pepper, nutmeg and cinnamon to taste.

Mash the potatoes and seasonings to form a smooth consistency. (Food processor OK, but blender will over fluff.)

How to Garnish

First, put the roast onto a nice platter. Red, white and blue best choice.

Arrange the sweet potatoes into hair. Think "The Donald's" signature shape.

Use the olives for eyes.

Corn for nose.

Cannelloni beans for the mouth.

Et voila! Whoops. Not a good idea to use a foreign tongue. Let's just say Yay! You and your guests have a terrific, lean entrée and built-in side dish.

NOTE:

You might want to complete the meal with a Caesar salad. As a tribute to the main dish, remember to salute with a full bodied American red wine, such as a Cabernet, and the toast, "Hail, Caesar!"



The Cannibal Motto:
To Eat His Own

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To go with the book, *You Are Who You Eat, The Revolutionary New Cannibal Diet*

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