



## Recipes

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### Sweet Potato Custard

Serves 1

#### Ingredients:

1 1/2 lbs. (4 cups) Fresh Sweet Potatoes , peeled and diced  
1 1/3 cups Plain Yogurt  
1 cup Dark Brown Sugar  
3/4 tsp. Ground Cinnamon  
3/4 tsp. Grated Nutmeg  
1/4 tsp. Ground Ginger  
1/8 tsp. Kosher Salt  
5 each Egg Yolks  
1 Tbsp. Bourbon  
2 Tbsp.

Maple Syrup

#### Directions:

1. Steam sweet potatoes for approximately 20 minutes or until fork tender. Remove from steamer and cool.
2. Place all remaining ingredients together, including sweet potatoes in a mixing bowl with paddle attachment.
3. Beat until well combined.
4. Pour sweet potato custard into silicone cake pan.
5. Place in preheated 350F oven for approximately 30-40 minutes or until custard is set and internal temperature is 165.
6. Remove from oven and cool.