



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.