



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.