

The College of Saint Rose

Tiara's Sweet Potato Crème Brûlée

Quantity	Item	Item Preparation
1 Large (1 1/4c)	Sweet potato	Baked, peeled and mashed
1/4c	Packed light brown sugar	
1tbls	Cinnamon	
1/2tsp	Nutmeg	
1tbls	Fresh lemon juice	
2c	Whipping cream	
3/4c	granulated sugar	
7	Egg yolks	Slightly beaten
4tsp	Vanilla	
	Packed light brown sugar	
1/3c		

TT=To taste per you desire

Directions

Step 1) Heat oven to 325°F. Butter 10-inch quiche dish (Or any heavy bottomed glass or ceramic dish). In a medium bowl, mix mashed sweet potato, 1/4 cup brown sugar, 1 tbs cinnamon, 1/2 ts nutmeg and the lemon juice. Scoop the mixture into buttered quiche dish and evenly spread across the bottom of the dish.

Step 2) In 2-quart saucepan, stir together whipping cream, granulated sugar, egg yolks and vanilla. Cook over medium-low heat about 15 minutes, stirring frequently, until hot (do not boil). Pour over sweet potato mixture. Place dish in a shallow pan. Place the pan in the oven. Pour enough boiling water into pan to depth of 3/4 inch (about halfway up side of dish). **BE CAREFUL NOT TO POUR WATER INTO CUSTARD**

Step 3) Bake 1 hour or until knife inserted in center comes out almost clean. Carefully remove dish from water. Cool on cooling rack. Cover; refrigerate at least 8 hours.

Step 4) Set oven control to broil. Sprinkle custard with 1/3 cup brown sugar; place dish in 15x10x1-inch pan. Broil with top of crème brûlée 4 to 6 inches from heat as to be sure the sugar doesn't burn. 3 to 5 minutes or until sugar is melted. Let stand 5 minutes before serving.