
POTATO CRÈME CARAMEL



Food : Appetisers

Ingredients

- 250g Japanese sweet potato
 - 250ml milk
 - 30g sugar
 - 2 whole eggs
 - 1 yolk
 - 100ml cream
 - 1 vanilla pod
- Caramel for Potato Crème Caramel Ingredients
- 100g sugar
 - Water

Methods

- Peel and steam the potatoes until they are soft enough to make mash. After steaming, mash the potatoes til smooth.
- Boil milk and cream in a pot.
- Mix eggs, yolk and sugar in a bowl.
- Add 1/3 of the boiling liquid in to the egg mix.
- Add all the mashed potato and make into a paste.
- Add the above to the remaining liquid.
- Strain the mix.

Caramel for Potato Crème Caramel

- Place sugar in a pot with little bit of water until wet sandy texture.
- Bring sugar to caramel colour.