

POT ATO CRÈME CAMEL



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Natalie Noriega



Misaki Montgomery

- Sub Category Name
Food
Savory

Ingredients

POT ATO CRÈME CAMEL

- 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 and Directions

POT ATO CRÈME CARMEL

- 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.

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