

Boniatillo

Sweet Potato Pudding

1 ½ pounds boniato (red-skinned white sweet potatoes)	1 lemon
2 cups packed brown sugar	1 tablespoon vanilla extract
1½ cups water	1 tablespoon butter
1 cup cream	1 cinnamon stick
3 egg yolks	Dash of salt
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Peel the sweet potatoes and cut them into large chunks. Add them to a large saucepan, add water until the chunks are covered, and add a dash of salt. Boil the sweet potato chunks for 15-20 minutes, or until they are tender. Drain the sweet potato, then use an electric mixer or food processor to mash the potatoes until smooth.

Peel the lemon, and add just the peel to a large saucepan. Add the brown sugar, cinnamon stick and, 1 1/2 cups of water. Bring to a boil over medium-high heat, and stir constantly until the mixture reaches 240 degrees on a candy thermometer (soft-ball stage, about 15 minutes).

Reduce heat to low, remove the lemon peel and cinnamon stick from the syrup and discard them. Add the mashed sweet potatoes to the syrup, and stir five minutes until the mixture is smooth.

Remove saucepan from heat, and add the egg yolks, cream, and butter. Stir well, then return to heat for five minutes. Remove from heat, then mix in the vanilla. If the mixture is too watery, add corn starch until it thickens. Serve warm in pudding dishes, or refrigerate for several hours and serve cold. Serves 6-8

Recipe courtesy of: www.recipesexpert.com

