

Sweet Potato Custard with Pecan Crunch

For Sweet Potatoes

2 pounds sweet potatoes (yams works best- especially garnet yams)

Salt

Veggie oil spray (for misting baking dish)

1 cup sugar

8 TBSP (1 stick) Butter (unsalted)

1/3 cup milk (lowfat or nonfat) vanilla soymilk will also work

2 large eggs beaten

1 tsp. Vanilla extract

1 teaspoon grated orange zest

1/2 tsp cinnamon

For Pecan Crunch topping

3/4 cup finely chopped pecans

3/4 cup packed light brown sugar

1/4 cup all purpose flour

3 tbsp. melted butter (unsalted)

1. Peel and quarter yams/sweet potatoes. Place in saucepan, add cold water to cover and a pinch of salt. Bring to boil over med-high heat, then reduce heat and cover pan. Let simmer until potatoes are tender 15-20 minutes. Drain and mash potatoes with fork or potato masher.
2. Preheat oven to 350 and lightly mist 13 x 9 glass or ceramic baking dish with vegetable spray.
3. Place mashed sweet potatoes, sugar, melted butter (8 tbsp), milk, eggs, vanilla, orange zest, and cinnamon in large mixing bowl. Beat with electric mixer about 2 minutes or until smooth. Spoon mixture in baking dish and smooth top with spoon or spatula.
4. Make pecan crunch topping: place pecan, brown sugar, flour, and 3 tbsp melted butter in small bowl and stir with fork to combine. Scatter over potato mixture.
5. Bake on middle rack in oven, until pecan toping begins to brown and potatoes are bubbly, 25-30 minutes.

For travel: bake right before leaving home then cover with aluminum foil and wrap in towel to keep warm.

Plan ahead and assemble dish in advance. Keep in fridge, covered for one or two days (without pecan topping). Before baking place pecan crunch topping on top. You may need to add 10 minutes to total baking time.