

Yam Brulee with Canadian Maple Whipped Cream

By South Thompson Inn

- 2 Ltr. Water.
- ½ c. Sugar.
- 5 Lbs. Yams, peeled, cut into large uniform sized cubes.
- 6 c. Heavy cream.
- 1 Tbsp. Vanilla extract.
- 1 ½ c. Sugar.
- 27 Egg yolks
- 3 tsp. Cinnamon.
- 3 tsp. Ginger.

Method:

Add the water and the ½ C. of sugar to the sauce pot and bring to a simmer. Add the yams and cook for 20-25 min. until fork tender. Not mushy. Drain well. Puree the yams until very smooth in a food processor. Keep Warm.

Heat the cream in a double boiler to just under a simmer. Add the vanilla to the cream.

While the cream is heating, combine the 1 ½ C. of sugar, egg yolks, cinnamon and ginger in a large stainless bowl. Whisk until the ingredients are well mixed.

CAREFULLY add just a few tablespoons of heated cream into the yolk mixture to temper it. Then GRADUALLY add the rest of the cream, while whisking gently so as to not create any foam on the surface.

Stir in the heated yam puree and incorporate evenly.

Carefully pour into 6 oz. ramekins. If any bubbles form on top of the custard, pop them using the point of a small knife. Place the ramekins in a hot water bain-marie and bake for 1 hour (may need longer) @ 325F.

Let cool before serving.

Serves 15 people based on a 6oz.serving.

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