

NYBG

EDIBLE ACADEMY
HONEY & HARVEST WEEKEND

SWEET POTATO CAZUELA

Prepared by Ana Ortiz, Day into Night
Yield: 8–10 servings

Ingredients

- 1 pound sweet potato, peeled, cut into pieces, and boiled
- 4 eggs
- ½ cup sugar
- ¼ cup all-purpose flour
- ½ cup butter, melted
- ¼ cup coconut milk
- ½ teaspoon salt
- 2 teaspoons cinnamon
- ½ teaspoon ginger
- 1 teaspoon vanilla extract

Coconut Milk Anglaise

- 2 large eggs
- ¼ cup sugar
- Pinch of salt
- ¾ cups canned unsweetened coconut milk
- ½ cup heavy cream



Instructions

Preheat oven to 350°. Grease a small loaf pan and set aside. Blend the sweet potato, sugar, coconut milk, and butter in a blender until smooth. Blend in the spices and eggs. Add the flour and blend again. Pour into the prepared pan. Bake on the middle rack for 45 minutes.

For the coconut milk anglaise: put eggs, sugar, and salt in bowl and whisk until well combined and slightly pale in color. In a medium saucepan bring the coconut milk and cream to a boil; remove from heat. While whisking slowly, ladle the hot-coconut-milk mixture into the egg mixture. (*This technique is called tempering which ensures the whisked eggs don't get cooked when hot mixture is slowly added into it.) Return the mixture to the pan. Cook over a medium-low heat while stirring constantly with a wooden spoon for about 5 minutes. The mixture is ready when it is thick enough that it can coat the back of a spoon and a line can be drawn by your finger. Pass mixture through a colander into a bowl. Chill.