



Cinnamon Sweet Potato Mousse

Creamy cinnamon sweet potato mousse with candied pecans, mini marshmallows and drizzled with maple bourbon sauce.

INGREDIENTS

8 oz. (240 g) Sweet Things® Mashed Sweet Potatoes (M0007)

1/4 cup (50 g) brown sugar

1 tsp. (2.5 g) cinnamon

1/2 tsp. (2.5 mL) vanilla extract

1/8 tsp. (0.3 g) nutmeg

8 oz. (240 g) whipped topping

4 oz. (120 g) sugared pecans

2 oz. (60 g) miniature marshmallows

4 Tbsp (60 mL) Maple Bourbon Sauce

Maple Bourbon Sauce

1/4 cup (59 mL) maple syrup

3 Tbsp. (44 mL) bourbon

1 cup (237 mL) light cream

1/4 vanilla bean, split lengthwise

3 large egg yolks

1/4 cup (50 g) sugar

3/4 tsp. (2 g) cornstarch

1/3 cup (83 g) heavy cream, whipped

DIRECTIONS

Maple Bourbon Sauce

1. Combine maple syrup and bourbon in a saucepan. Remember – darker maple syrup has a stronger maple flavor. So choose a darker grade A for more maple flavor. Over medium heat, bring to a boil, and cook until reduced by 1/3, about 10 minutes; set aside to cool.
2. Put light cream and vanilla bean in a large saucepan, and bring to a boil. Immediately remove from heat, and let bean infuse cream for about 10 minutes. Remove bean, and scrape pulp into cream.
3. Whisk together egg yolks, sugar and cornstarch. Stir in 1/2 C. (118 mL) cream and return mixture to saucepan with rest of cream. Stirring continuously, cook over low heat until thickened enough to coat back of a wooden spoon, 5-8 minutes.
4. Add reduced maple syrup and bourbon, and strain through a fine sieve into a bowl set in ice. Stir until completely chilled, then fold in whipped cream.

Plate Assembly

1. Prepare 1 pouch of Sweet Things® Mashed Sweet Potatoes according to directions - cool.
2. Place 8 oz. (240 g) of cooled mashed sweet potatoes in mixing bowl.
3. Add brown sugar, cinnamon, vanilla and nutmeg to potatoes.
4. Mix until thoroughly combined.
5. Fold in with spatula the 8 oz. (240 g) whipped topping.
6. Evenly distribute mixture into 4 serving dishes.
7. Top each dish with marshmallows and sugared pecans.
8. Drizzle with Maple Bourbon Sauce.
9. Chill completely before serving.

Yield

4 portions