



SWEET POTATO PEANUT BUTTER ICE CREAM

Salty, sweet, savory and stout. What more could you ask for? Chill out with this sweet potato and peanut butter ice-cream.

by Tracy-Ann Mitchell
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Healthcare: Acute

Servings: 12 (1 cup serving)

Prep Time: 30 minutes (4.5 hours rest time)

Ingredients

3 large, sweet potatoes

6 ounces Jif® Creamy Peanut Butter

15 egg yolks

3 cups sugar

4 ½ cups coconut cream

3 cups heavy cream

4 ½ cups stout, room temp

3 tablespoons vanilla extract

4 teaspoons allspice

3 teaspoon salt

Toasted Coconut for garnish

Directions

1. Peel and boil sweet potatoes until fork tender. Drain and set aside to cool.
2. Separate egg yolks and whisk with salt.
3. In a medium saucepot, bring the sugar, coconut cream, heavy cream, vanilla extract and allspice to a boil.
4. Remove from heat and slowly add 1 cup of the cream mixture to the egg yolks.
5. Add egg yolks to the remaining cream and return to medium-low heat.
6. Heat while stirring constantly until it coats the back of a spoon, then remove from heat and strain.
7. Blend cooled potatoes, 2 tablespoons peanut butter and stout until combined and smooth.
8. Mix sweet potato mixture into cream mixture and refrigerate until cold. About 1 hour.
9. Churn in ice cream maker or put in an air-tight container in the freezer for 3 hours.
10. Serve with toasted coconut.