

# Sweet Potato Custard Ice Cream (without an Ice Cream Maker)

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Cooking With Carolyn

## Ingredients

Yield: 2 Quarts

- 2 Cups Heavy Cream or Heavy “Whipping” Cream
- 2 Cups Milk, 2% or Whole
- 8 Egg Yolks
- 1- 14 Ounce Can Sweetened Condensed Milk
- ¼ Cup Granulated Sugar
- ½ Cup Light Brown Sugar, firmly packed
- 1 Teaspoon Kosher or ½ Teaspoon Table Salt
- 1- 15 Ounce Can Sweet Potato Puree or make your own\*
- ¾ Teaspoon Ground Cinnamon
- ¼ Teaspoon Ground Nutmeg
- ¼ Teaspoon Ground Ginger
- 1½ Teaspoons Pure Vanilla Extract

## Directions

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### \*How to make your own Sweet Potato Puree

Cut 1 medium, or 2 small, sweet potatoes into chunks. Place the cut sweet potatoes into a medium sauce pan and cover with water, about 1 inch over the top of the potatoes. Bring to a boil over medium-high heat and cook until the potatoes are fork tender. Once done, remove the potatoes from the pot with a slotted spoon and place into a bowl and give them a slight mash. Measure out 2/3 cup and place into a blender or food processor. Add ½ cup of the water the potatoes were boiled in and pulse until smooth.

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Combine the milk and heavy cream in a large sauce pan or pot and bring to a slight simmer over medium heat. Meanwhile, combine the egg yolks, sweetened condensed milk, sugar, brown sugar, salt, and sweet potato puree in a large bowl and whisk until well combined.

Vigorously whisk the egg mixture while slowly adding half of milk mixture. Once blended, pour the egg mixture into the pot with the other half of the milk mixture, whisk well. Turn the heat to medium, whisk and stir the mixture every 2 to 3 minutes, and simmer for about 10 minutes or until the custard has thickened. (**Note:** The custard will be thickened once it coats the back of a spoon.) Remove from the heat.

Fill a sink with enough cold water and ice to go half way up the outside a large bowl. Pour the custard into the large bowl through a fine mesh strainer. (**Note:** You may use a spoon or spatula to move the custard around the strainer so it will flow continuously into the bowl.) Next, whisk in the vanilla extract,

cinnamon, nutmeg and ginger. Keep whisking the mixture while still in the ice bath until the temperature comes down to at least 60 degrees.

Pour the cool custard into a 9x13 baking dish and freeze for about 45 minutes. After freezing for 45 minutes, whisk and stir the custard. Put the custard back into the freezer and freeze for a second and third round of 45 minutes, stirring after each round. The custard should resemble a loose soft serve ice cream texture once it's stirred in the dish, if not, you may place it back into the freezer for an additional 15 to 20 minutes.

Finally, add the custard to one or two air tight containers and freeze for a minimum of 4 hours to overnight. (**Note:** If the ice cream becomes too hard to scoop you can allow it to sit for about 5 minutes and dip the ice cream scooper into hot water before serving.)

Serve it as is or top with your favorite caramel sauce and some chopped pecans. Enjoy.