

SWEETPOTATO ICE CREAM



Photo: N. Kawarazuka (CIP Vietnam)

Ingredients

Sweet potato 100g

Fresh cream 100g

Cashew nuts or ground nuts 100g

Milk Table spoon 1

Condensed milk 60g

Egg (separate the white and yolk) 1

Directions

1. Wash and boil sweetpotato.
2. Peel the skin and mash it.
3. Beat up egg white until stiff
4. Beat up yolk until stiff
5. Beat up fresh cream until stiff
6. Grind cashew nuts and add milk until they become paste
7. Mix all ingredients
8. Keep it in the freezer for a few hours

Presentation

Serve with a cashew nut and a slice of lemon