

Purple Sweet Potato Mousse with Maple Bourbon Honey Syrup and Graham Cracker Crust

By Chef Tim Thompson of Marisol

It is best to make this recipe the day before you serve it

Serves 8 to 10 people

Equipment you will need: stand mixer, 1 baking pan, 1 mixing bowl, 1 9-inch pie pan, 1 heavy bottom sauce pan

Ingredients:

For the Mousse

1 pound roasted and mashed Purple Sweet Potatoes
1 pound of cream cheese (at room temperature)
1 cup of heavy whipping cream
¼ cup of granulated sugar
¼ cup of powdered sugar
1 Table Spoon of Maple Syrup
¼ teaspoon salt

For the Syrup

¼ cup of local honey
¼ cup of good maple syrup
2 Tablespoons of your favorite bourbon

For the Crust

2 cups graham cracker crumbs
½ cup melted butter
1/3cup sugar
¼ teaspoon salt

Preparations:

Potatoes

Set out the cream cheese 2 hours prior to use.

Preheat the oven to 350 degrees F.

Rinse all the dirt from the sweet potatoes (sweet potatoes vary in size so when you buy them just remember to buy a little extra, this will account for lost product after roasting and peeling).

Place the potatoes on a foil lined baking pan and put them in the oven. Cook the potatoes until you can easily pierce the potato to the center with a knife. Cooking time will depend on the size of the potatoes; you should probably allow yourself two hours to cook the potatoes. Once the potatoes have been removed from the oven and given time to cool, peel the skin away and puree the potatoes then set them aside.

Pie Crust

While the potatoes are cooking melt the butter for the piecrust. Mix the butter with the rest of the piecrust ingredients. It is best to mix this with your hands. Line a nine-inch pie pan with graham cracker mixture and put that into the oven with the sweet potatoes for about eight minutes. Remove the crust from the oven and set it aside to cool.

Sauce

Pour all the sauce ingredients in a heavy bottom stainless steel saucepan. Put the pan on the stove on medium heat and reduce the contents by 1/3. The sauce may appear thin, but this is normal when it is hot. Allow the sauce to cool for thirty minutes it will become viscous.

Mousse

First whip the heavy cream with powdered sugar to stiff peaks.

Then in a stand mixer with the paddle attachment mix the potatoes with the remainder of the mousse ingredients, on medium speed, until the mixture is smooth and completely blended together.

Now fold in the whip cream with the potato mixture until both are completely blended together.

Assembly

Take the piecrust you made earlier and spoon the mousse into the crust. Then put the whole thing in the refrigerator for two or three hours. The longer you leave it in the refrigerator the firmer it will be.

Garnish with berries and finish with the syrup you made earlier.