

Banana Yam Spoon Custard

Servings: 6 to 8

1 cup canned sweet potatoes or yams, mashed
2 small bananas
1 cup milk
2 tablespoons brown sugar
½ teaspoon salt
2 egg yolks, beaten
3 tablespoons seedless raisins

Preheat oven to 300° F. Combine mashed sweet potatoes and bananas. Add milk and blend. Add remaining ingredients and mix well. Pour into a well-greased 1-quart casserole. Bake for 45 minutes, until custard is firm and golden brown.

Serving Ideas: Some like it hot. Delicious with lamb or pork.

Recipe By: Adapted from Spoonbread and Strawberry Wine, Norma Jean and Carole Darden, Doubleday, New York, 1994, p. 122.