

## Chocolate-Vanilla Pecan Potato Ice Cream

**SPUDSTITUTION:** This recipe reduces traditional egg yolk and cream, replacing with potatoes!

Ice cream stays creamy and resists melting away quickly with the addition of potatoes. With a light fluffy texture, the added nutrients of potatoes are hidden within this tasty cold treat.

3 egg yolks  
1/2 cup (125 mL) granulated sugar  
1 cup (250 mL) half and half (10%) cream  
2 oz (60 g) finely chopped bittersweet chocolate  
1 cup (250 mL) mashed Ontario potato, cooled  
1 tbsp (15 mL) vanilla or 1 vanilla bean, scraped  
1/2 cup (125 mL) toasted chopped pecans  
In bowl, whisk together yolks and sugar until thickened.

In small saucepan, heat cream over medium heat until bubbles appear around edge of pan. Whisk into egg mixture. Return to pan and cook over medium heat, stirring constantly 8 minutes or until thickened enough to coat the back of a spoon. Remove from heat and whisk in chopped chocolate until smooth. Whisk in potato and vanilla. Strain and press through fine mesh sieve into clean bowl. Place plastic wrap directly over surface and refrigerate 2 hours or until cold.

Pour into 8-inch (2 L) square metal cake pan and freeze 4 hours or until almost firm. Break into chunks and place in food processor. Puree until smooth. Stir in pecans, scrape into airtight container and freeze for at least 1 hour or until firm before serving. Or alternatively, freeze in ice cream machine according to manufacturer's instructions.

**Make ahead:** Keeps in freezer about 1 week. When stored in freezer, remove ice cream from freezer and let stand for 15 minutes before serving.

**White Chocolate Almond Variation:** Omit bittersweet chocolate and pecans. Use 2 oz (60 g) finely chopped white chocolate and 1/4 cup (50 mL) each sliced almonds, toasted, and dried cherries or cranberries.

Per serving: 300 calories, 3 g protein, 18 g fat, 31 g carbohydrates, 2 g fibre, 20 mg sodium

