



## Crazy Recipes



# Potato protein dessert

WITH AVIKO PREMIUM  
SWEET POTATO FRIES

serves 10

## ingredients

2 kg	Aviko Premium Sweet Potato Fries	50 g	Icing sugar
125 g	Egg white	300 g	Sugar
75 ml	Water	100 g	Pecan nuts
		1 bunch	Sage

## preparation

Use a saucepan to bring the sugar and water to the boil, do not stir, but leave until the sugar is dissolved into a clear syrup. Cook the syrup over a moderate heat until it reaches 120°C. Beat the egg whites in a fat free bowl until they are stiff, add the icing sugar and beat until stiff peaks form. Slowly and carefully pour the syrup over the egg whites in a thin stream while continuing to whisk, continue whisking until the foam has cooled. Deep-fry the sage at 150°C until it is crispy, sprinkle it with a pinch of salt and put it to one side. Toast the pecan nuts in a dry frying pan, finely chop them and season with a pinch of salt. Also put the nuts to one side. Follow the instructions on the packaging to prepare the chips. Fill an oven dish or tray with the sweet potato chips. Pipe the egg white foam on top of it and immediately torch it. Garnish with some chopped pecan nuts and sage.

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