

Japanese Sweet Potato Dumpling



<Ingredients (4 serve)>

500g Japanese Sweet potato*

500g Purple sweet potato

1 tsp Butter (salted)

30g Raw sugar

1 tsp Light thickened cream

Green tea powder



*)If you choose non Japanese one, add more sugar

<Method>

1. Steam the sweet potatoes

Wash the sweet potato well with running water and wipe off excess water. Place in a heat-resistant bowl and seal with cling film. Steam in the microwave for 3 minutes or until be

pierce-sable by a skewer.** Set aside.

Repeat same method with the purple sweet potato.

***)Heat the potatoes with skin on purpose for keeping the nutritions and moist inside

2. Season

When the potatoes are touch-able temperature, peel the skins and place in a bowl separately.

Add the half amount of butter, sugar and cream and mash with hand blender or masher until the paste is smooth.

3. Make the shape

Spoon the paste and shape into small balls. Spread the cling film and put each colour ball side by side. Wrap up and twist the top. Remove the cling film. Repeat with remaining balls.

4. Make the plate presentation

Place on the plate and sprinkle green tea powder as garnish.