

Japanese Sweet Potato Treats

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● Ingredients (15 small balls)

1 Peeled Sweet Potato

3 cups Water

3 Tbsp. Sugar

2 Tbsp. Margarine

3 Tbsp. Mirin (sweet cooking rice wine)

Pinch of Black Sesame Seed

● Boil Sweet Potato



Cut a peeled sweet potato into small pieces to make the potato tender.

In a sauce pan, place the cut potato and 3 cups of water. Heat over high heat for about 20 minutes. Make sure there is enough water to cover all of the potatoes.

Drain with a strainer.

● Make Sweet Potato Dough



Transfer the drained potato to the sauce pan and mash well.



Add 3 Tbsp. of sugar and 2 Tbsp. of margarine to the pan.

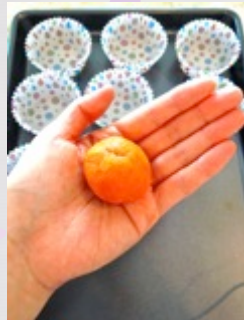


Heat the pan over medium heat for about 10 minutes to extract water.



After 10 minutes, let it cool down in the refrigerator for 1 hour.

- Preheat oven to 400 degree Fahrenheit
- Bake



While its cooling down, preheat the oven to 400 degrees Fahrenheit.
Form the mashed potato into bite-sized balls.



Place 3 Tbsp. of Mirin in a small bowl and brush on the potato.



Sprinkle a pinch of black sesame seed on top of each potato.
This is the black sesame that I used. You can get it at many grocery stores in the US.

Bake at 400 degrees F for 20 minutes or so.

