

# Recipes

## Candied Sweet Potatoes

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### Ingredients (serves 4)

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- 1 Japanese sweet potato
- 100 cc. (3.4 oz. or slightly less than ½ cup) water
- 1 tsp. soy sauce
- 2 Tbsp. sugar
- 2 tsp. potato starch (or corn starch)
- 4 tsp. water (for dissolving the starch)
- Toasted sesame seeds (as garnish)
- Oil (canola oil, olive oil, safflower oil, or other oil) for deep frying

### Instructions

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1. Wash sweet potato, then cut into irregular sizes.
2. Heat oil to 170°C (338° F) and deep fry potato over medium heat until tender (until you can easily pierce it with a bamboo skewer or toothpick).
3. Put the water, soy sauce and sugar in a pot and heat until it bubbles. Turn down heat and add potato starch dissolved in water\*, stirring until the glaze thickens.
4. Place the deep-fried sweet potatoes into the pot of glaze and mix until the potatoes are evenly coated with the glaze.
5. Add the sesame seeds and mix again.

\*To make *katakuriko* potato sauce, mix 2 teaspoons potato starch (*katakuriko*) with 4 teaspoons cold water in a cup and stir well. Add this mixture to hot liquid.