
Easy Okinawan Sweet Potato Mochi

Description

Chef's Note: This is a traditional dish made from cooked Okinawan sweet potato. It was made from the leftover potatoes that were not consumed during the meal.

Total time: 35 min Yield: 4 servings

Ingredients

1 cup Okinawan sweet potato (mashed)
1 cup mochiko (Japanese sweet rice flour)
1 Tbsp salad oil
4 pieces shell ginger leaf or ti leaf
4 pieces butchers twine or foil squares (8"x8")

Prep Time: 5 min Cooking Time: 30 min Total Time: 35 min

Instructions

In a medium sized bowl, place the mashed cooked sweet potato. Add in the mochiko and mix well until a “play dough” like product is formed.

Brush the surface of each leaf with a little salad oil and place ¼ of the mixture in the center of each leaf.

Pull both ends of the leaf upwards to meet at the same point, fold the ends of the leaf inwards forming a cone shape and tie with the butchers twine or wrap with foil.

Steam for 30 minutes and set aside to cool and enjoy as a dessert for a Japanese New Year celebration.

Recipe brought to you by:

Chef Grant Sato