



# Japanese Candied Sweet Potato

## 大學芋

Difficulty 難易度

Basic 初級

Qty 數量

3-4人份量

On the day 當天製作

30 mins 分鐘

### Ingredients 材料



Sweet Potato  
日本蕃薯  
300g



Brown Sugar  
三溫糖 / 黃糖  
20g



Mirin  
味醂  
2 tbsp



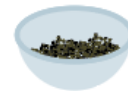
Honey  
蜜糖  
6g



Light Japanese  
soy sauce  
日式醬油  
3g



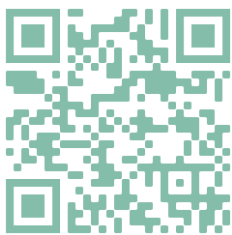
Butter  
牛油  
5g



Black sesame  
黑芝麻  
適量



Vegetable  
oil  
菜油  
2 tbsp



BREAD CLOUD  
studio



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## 大學芋

### Video Time 影片時刻

### Steps 製作步驟

- |       |   |
|-------|---|
| 00:30 | 01 Fry black sesame with low heat.<br>黑芝麻先以平鑊小火乾炒。  |
| 01:00 | 02 Wash sweet potatoes. Cut off the ends. Cut into bite-size pieces using Japanese culinary cutting method "Rangiri", i.e. rotating the sweet potato as cutting into wedges.<br>蕃薯先洗淨，吸乾水份後切掉頭尾部分，以滾刀法切成適合大小。       |
| 01:30 | 03 Soak sweet potatoes in water for around 5 minutes. Pat dry with kitchen paper and set aside.<br>蕃薯以清水浸透 5 分鐘，瀝乾以廚房紙抹乾備用。   |
| 02:10 | 04 Add vegetable oil to a pan. Add sweet potatoes, cook with medium heat till slightly golden brown, then remove from the pan. Pat and absorb excess oil with kitchen paper.<br>鑊中放入菜油、蕃薯，以中火半煎至略上色即可取出。用廚房紙吸乾剩餘油份。 |
| 03:00 | 05 Prepare the seasonings. Mix sugar, mirin, honey & soy sauce.<br>先準備醬料：將三溫糖、味醂、蜜糖、日式醬油。   |
| 04:10 | 06 Pour in the mixed seasonings. Cook with low medium heat until most of the sauce is absorbed. Add butter till it melts, and turn off the heat.<br>倒入混合好的醬料，中小火加熱，倒入蕃薯，炒至略收汁即可放入牛油溶化後熄火。                           |
| 05:15 | 07 Garnish with sesame seeds and enjoy!<br>上碟後灑上炒香的黑芝麻即可享用。   |