



## Sweet Potato *Chakin Shibori*

Autumn 

A traditional Japanese sweet featuring mashed sweet potato paste rolled into bite-sized balls



### Ingredients (4 servings):

300 g	sweet potatoes
30 g	granulated sugar
Suitable amount	cinnamon

### Directions:

1. Peel the skin of the sweet potato and cut into 2-3 cm cubes; soak in water to remove bitterness.
2. Place the sweet potatoes into a heatproof container and microwave for 6-7 minutes.
3. Once soft, mash the sweet potatoes with a wooden ladle. Add in the granulated sugar and cinnamon to produce desired sweetness and aroma.
4. Spoon up bite-sized portions, roll into a ball and use plastic wrap to twist *chakin-shibori*-style.

### Tips:

- A wet cloth can be used in lieu of plastic wrap to twist the potato into a nice shape.