

# Candied Sweet Potato (Daigaku Imo)

PREP TIME: 15 MIN | COOK TIME: 10-15 MIN | SERVINGS: 2

## INGREDIENTS:

- 1 medium Japanese sweet potato (or other variety), cut into roughly 1-inch wedges
- 1.5 Tbsp oil
- 2-3 Tbsp of sugar (depending on how sweet you like it)
- 1/2 tsp soy sauce, optional
- 1-2 tsp butter (dairy or vegan), optional

## RECIPE NOTES:

- Japanese soy sauce is traditionally used for its sweeter taste, but any soy sauce will work.
- Garnish with black sesame seeds if desired.

## DIRECTIONS:

- Soak sweet potatoes wedges for 10-15 minutes in cold water.
- In a pan over low heat, combine oil, sugar, soy sauce and butter (if using). Raise heat to medium-high and stir in potatoes, coating with sauce.
- Cover with lid and bring to a simmer (low boil with small bubbles). Stir potatoes, then turn heat down to low and let cook for 8 minutes without stirring.
- Flip the potatoes and cook with lid on for 5 more minutes, or until soft.
- Remove lid and cook for 2-3 minutes, or until golden and crispy.
- Remove from heat, serve immediately.

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