Daigaku Imo Caramelised Sweet Potato

NIBBLEDISH CONTRIBUTOR

Ingredients

2 Sweet Potatoes
500ml Canola or Grapeseed Oil
2 tsp Black Sesame
4 tbsp Sugar, white or brown
50 ml Water

Instructions

This is called "Collage Potato" in Japanese.
It is very simple and hearty, wonderful as a snack.
I have made this with parsnips and that worked very well as well.

Wash and pat dry the potatoes, and cut them into ice cube size.

Place the potatoes in a large pan, pour the oil in and put the heat on. Deep fry the potatoes until golden brown and place them on the kitchen towel to rid the excess oil.

While you are at it, put sugar and water into a small pan and bring the mixture to a boil till it becomes a beautiful caramel.

Put the potatoes and caramel together and gently toss, and finally sprinkle sesame.