

A photograph of several sweet potatoes in a woven bamboo basket. The basket is placed on a light-colored wooden surface. The sweet potatoes are a vibrant reddish-purple color. The background is a soft-focus view of more sweet potatoes and the wooden surface.

Vegetable Main Dish Recipes Vol. 15

Sweet Potatoes for Beautiful skin and Intestinal Regularity

With its soft-flaky texture and sweet taste, sweet potatoes can be used in a wide variety of ways from desserts to side dishes. They are also full of nutrients such as dietary fiber and vitamins.

By Makiko Hei

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Nutrition in sweet potatoes

Compared to other types of potatoes, sweet potatoes have more carbohydrates. However, they contain the most dietary fiber of all potatoes. That helps reduce blood sugar spikes and regulates the intestinal environment. They are also rich in vitamins C, B1, and B2, which contribute to healthier and more attractive skin. In addition, they contain calcium, a mineral essential for building bones and teeth, and potassium, which helps prevent swelling and high blood pressure.

The white liquid that comes out when you cut a sweet potato is called yarapin, a unique ingredient. It promotes bowel function and softens stools.

How to choose good sweet potatoes

Select sweet potatoes with brightly colored skins and no blemishes or dark spots. Avoid those with many fibrous roots protruding from the surface, as they often have poor texture.

How to store sweet potatoes

Wrap in newspaper or paper towels and store in a cool, dark place. Sweet potatoes are sensitive to cold,

so they should not be kept in the refrigerator. Sliced sweet potatoes can be wrapped in plastic wrap and stored in the vegetable compartment of the refrigerator, but use them up as soon as possible.

Cooking tips

The skin of the sweet potato is also rich in fiber, vitamins, and minerals, so try to eat the whole skin whenever possible. After chopping, soak them in water to remove some of the harshness but no more than 5 minutes, as the water-soluble nutrients such as vitamin C leach out if exposed to water for too long.

Easy Baked Potato Recipe

To enjoy a original taste of sweet potato, baking is the way to go. First, thoroughly wet a piece of thick paper towel, wrap the sweet potato, and then cover with aluminum foil. For small sweet potatoes, bake in a 160°C oven for 70 minutes; for larger ones, bake for 80 to 90 minutes. Then leave it in the oven for 10 minutes. It is ready to eat when a bamboo skewer is inserted and comes out clean. Slow heating at low temperature brings out the sweetness.

Stir-fried Sweet Potato and Chicken with Sweet and Spicy Sauce

The Sweet and Spicy Taste Makes You Eat More Rice!

Cooking time: 20 minutes

[Ingredients] 2 servings

About 300g chicken thigh meat
1 medium sweet potato (about 200g)
2 tablespoons potato starch

[A]

2 tablespoons sake
2 tablespoons mirin (sweet cooking sake)
1 1/2 tablespoons soy sauce
1/2 tablespoon sugar

Pinch of salt
Pepper to taste
1 tablespoon rice oil
Small amount of chopped green onion as needed



[Preparations]

- Wash sweet potato well, cut into bite-sized pieces with the skin on, and soak in water for 5 minutes.
- Mix [A] seasonings.

[How to cook]

1. Drain the sweet potato and place it in a heatproof bowl. Cover with plastic wrap and microwave at 600w for 3 to 4 minutes until a bamboo skewer comes out clean.
2. Trim excess fat from chicken thighs and cut into bite-sized pieces. Place the meat on a baking sheet, and coat with potato starch.
3. Heat the rice oil in a frying pan and place (2) chicken pieces, skin side down. Sprinkle with salt and pepper and cook slowly until browned (2 to 3 minutes over medium heat), then turn over.
4. Add (1) sweet potatoes to (3) and sauté all together. Remove any excess oil with a paper towel, add (A) mixed seasonings, and cook until glazed. Place in a bowl and sprinkle with green onion.



Tips

- Kitchen scissors make it easier to remove fat from the chicken.
- When cooking the chicken, minimize stirring in the pan and cook slowly for a savory flavor!

Rice Cooked with Sweet Potato

The Key is the Salty Flavor that Enhances the Sweetness of the Sweet Potato

Cooking time: 30 minutes

**Excluding soaking time of rice*

[Ingredients] 2 servings

2 cups rice

1 small sweet potato (about 150g)

2/3 teaspoon to 1 teaspoon salt (to taste)

1 tablespoon sake

345ml cold water

Black roasted sesame seeds as needed



[How to cook]

1. Wash rice well, drain in a colander and let stand for 30 minutes.
2. Wash sweet potato well and cut into 1.5 cm cubes with the skin intact, soak in water for 5 minutes, then drain.
3. Mix (1) rice, sake, water, and salt in a heavy pan, and place the sweet potatoes on top. Cover the pan and place over high heat; when the water comes to a boil, reduce the heat to very low and cook for 10 minutes. After that, Turn the heat to high for 10 seconds, remove from heat, and steam with the lid on for 10 minutes. Mix everything together and serve. Sprinkle with black sesame seeds.
* The same amount can be made in a rice cooker.

3-1



3-2



Tips

- Cooking sweet potatoes with their skins not only prevents them from getting mushy, but also provides extra nutrients.
- Using cold water to cook rice results in a sweet, delicious flavor.

Profile

Makiko Hei

I love vegetables. I try to handle them with care and cook them simply but luxuriously, with the motto "Let's make our daily meals delicious regardless of the genre of the dishes."

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