

SWEET POTATO JAPANESE PANCAKES

Servings | Prep Time | Total Time

6 Pancakes 20min 1 hour

INGREDIENTS

2 medium sweet potatoes (mashed and cooled)
½ stick of salted butter
⅔ cup of milk
¼ cup maple syrup
1tsp vanilla
4 eggs yolks
⅔ cup of flour
¼ cup of rice flour or potato starch
1½ tsp baking soda
4 egg whites cold
1tsp cream of tartar or 1 Tbs lemon juice
⅓ cup granulated sugar
Ice cubes
Ring molds or round metal cookie cutters

DIRECTIONS

- Bake sweet potatoes whole with skin on. (I did mine in the microwave for about 7 minutes with the potato function. Let them cool slightly so you can handle them and then scoop them into a medium size mixing bowl.
- Add ½ a stick of butter cut into slices and mash the butter and potatoes together.
- Add in the milk, maple syrup, and vanilla. I then started to mix the potato mixture with an immersion blender. You can also use a hand mixer to mix this till smooth.
- Add in the egg yolks while mixing potatoes. You want this mixture to be almost a heavy cream consistency.
- Slowly add in your flours and mix till well combined. Batter should be like pancake batter
- Next you want to put your egg whites into a clean bowl and using a hand mixer or stand mixer with whisk beat you egg whites on high. When they start to get frothy add in the cream of tartar or lemon juice. As you keep whipping the whites should grow in volume. When they reach a high point on the side of the bowl and start to recede slowly add in the sugar and continue whipping till they form stiff peaks and look glossy.
- Gently fold your meringue (egg whites) into your batter in thirds. Do not over mix, you should still see some swirls of meringue in the batter.
- Preheat electric griddle to 250° or a frying pan on medium low heat
- Place ring molds on griddle or pan with a small pat of butter and spray the inside of the ring with cooking spray or vegetable oil. Spoon batter into the mold till it is half full.
- Next place a large mixing bowl upside down over the filled rings. Lift one side of the bowl and place 4 ice cubes under it and let it back down. This will help set the pancake by steaming it before you flip it. Let these cook covered for 3-5 minutes until the top looks mostly set with small bubbles in it.
- Carefully flip the pancakes, and let them cook for another 2 minutes. Carefully remove the ring with tongs, a towel or pot holder. They will be hot!
- Plate pancakes with some butter and of course local pure maple syrup. Enjoy!!!!

I have wanted to make Japanese style pancakes for my family for a long time now but wanted them to be a little different. The sweet potato makes them just that much better. I was really happy with how these came out. I will probably use these not only as a breakfast item, but they would be truly wonderful as a side for a steak. I think I'm doing that later this week.

