

Michikusa's Sweet Apple Mashed Potatoes

Michikusa's sweet apple mashed potatoes are a twist on classic Western mashed potatoes. Instead of using russet or Yukon potatoes, though, this recipe calls for sweet potatoes! Combined with apple, butter, and a hearty dose of sugar, it would make a great treat for both adults and kids.

Serve them as is, or squeeze them into little lumps to make a Japanese *kinton* dessert. One 400 g potato makes enough for around five servings.



Ingredients

- 400 g (≈1 large) sweet potato
- 1/2 apple
- 8 tablespoons of sugar
- 30 g (2 tablespoons) butter
- 2 tablespoons mirin

1. Peel the potato and cut it into quarters, then into 1.5 to 2 cm (2/3 inch) wide chunks. Soak for around 10 minutes, changing the water 2 or 3 times.
2. Remove the skin of the apple half and cut it in half again. Then, cut into 5 mm (1/5 inch) wide chunks.
3. Put the potato and apple chunks into a pot, then fill with just enough water to cover them.
4. Add the sugar, butter, and mirin, then simmer on medium heat.
5. When the potatoes get soft, use a spatula to mash them as they simmer. If there are any big apple chunks, use the spatula to break them down into smaller pieces.
6. Once the apples are soft and the mashed potatoes are at the consistency you want, remove from heat and enjoy!



If the potatoes look like they're going to be finished before the apples are, add more water to the pot to keep them from overcooking.

Recipe by the Association of Women Farmers in Hino (Michikusa)