ASIA

GOGUMATTANG OR FRIED SWEET POTATOES WITH HONEY

Ingredients
(For 2 people)

- 1 large sweet potato
- 1 litre cooking oil
- 1 tbsp oil
- 3-4 tbsp caster sugar
- 1-2 tsp water
- Black or white sesame seeds
- 1-2 tbsp honey

Preparation:

Peel the sweet potato and cut it into thick slices, then into small triangular wedges of approximately 4 cm long.

Immerse the potato wedges in a bowl of cold water for a few minutes to remove the starch. Remove the potato wedges and dry them well. Set aside.

Heat the frying oil in a cooking pot to 160° 180°C and fry the potato wedges until golden brown. Careful, the potatoes cook quickly. Reserve the cooked potatoes on an oiled plate.

In a saucepan, mix one tbsp of oil with 3 to 4 tbsp of sugar and heat. When the mixture boils, add the fried potatoes. Stir gently. Incorporate 1 to 2 tsp cold water to keep the potato pieces from sticking together.

Arrange the sweet potato wedges in a plate and sprinkle with sesame. Add sugar or honey if necessary.