

Miele

Sweet potato fritters with yoghurt and maple syrup

By Miele

1 hour and 15 minutes

Preparation Time

30 minutes

Cooking Time

24

Serves



INGREDIENTS

2 medium sweet potatoes (700g)
200g plain flour
2 tsp baking powder
1 tsp grated nutmeg
1 tsp ground cinnamon
3 eggs, separated
150ml milk
50g unsalted butter, melted
1 tsp vanilla extract
1 tbs honey
1½ tsp salt
80g extra butter extra for frying
2 tbs vegetable oil extra for frying

To serve

160g store-bought or home-made
Greek yoghurt
60g maple syrup
1 tsp of cinnamon for dusting
½ cup pecans, roasted and chopped
roughly

METHOD

1. Pre-heat Oven on Fan Plus at 220°C.
2. Place the sweet potatoes on a baking paper lined Baking tray and Roast for 1 hour. Remove from the Oven. Once cooled, peel off the skin.
3. Place sweet potato flesh in a food processor with the flour, baking powder, spices, egg yolks, milk, melted butter, vanilla extract and honey and blitz until smooth.
4. Place the egg whites in a separate bowl and whisk until stiff. Gently fold into the sweet potato mix and set aside.
5. Heat 1 tablespoon of vegetable oil and 20g butter in a frying pan on medium high heat, Induction setting 6-7. When the butter starts to foam, spoon tablespoon amounts into the frying pan, cooking for 2 minutes on each side.
6. Once the fritters are golden brown, transfer to a baking paper-lined Baking tray to rest. Wipe the frying pan between batches with paper towel. Add more oil and butter and continue cooking with remaining mixture.

To serve

1. Place 2 pancakes in the middle of each plate and spoon the yoghurt on top. Drizzle with maple syrup, dust with cinnamon and sprinkle pecan over the top.

Hints and tips

- Fritter batter can be prepared and stored in the Refrigerator for up to 1 day prior to use.
- Cooked fritters can be frozen and stored with baking paper placed between each layer in an air-tight container for up to 1 month.
- Date syrup can be substituted for maple syrup.
- Crispy streaky bacon can also be served with this dish.