

**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.