

Recipe Name: Shandong Style Sweet Potato In Spicy Caramel Sauce Recipe

Diet Type:

Course: No Onion No Garlic (Sattvic)

Cuisine: Shandong

Quantity:



Ingredients

Ingredient	Quantity
• 1 Sweet Potatoes - cubed	4
• 4 tablespoons Sugar	
• 1 teaspoon Sesame seeds (Til seeds)	
• 1 tablespoon Red Chilli sauce	
• 4 tablespoons Corn flour	
• Salt - to taste	
• Sunflower Oil - for cooking	

Preparation

- In the meantime, boil water in a saucepan with a teaspoon of salt , after 5 minutes you can add in the soaked potatoes and let it boil till it is half done.
- Strain the potatoes, and let it cool on a flat plate.
- In a mixing bowl add the potatoes and coat it evenly with corn flour.
- Heat a flat nonstick skillet, drizzle some oil and drop these coated potatoes and keep tossing them till it is crispy and light brown.
- Once it is done, set aside.
- In an another flat skillet, wipe all the water and add the sugar and keep it on the low heat for few minutes, Let the sugar slowly sweat and with the help of fork combine all the sugar evenly and wait till the sugar reaches a caramel state which is the dark brown state.
- Make sure you do not leave the sugar for more time otherwise the caramel will get burnt.
- Check for seasoning with salt and sprinkle some sesame seeds.



Macronutrients

Calories (kcal) Protein (g) Carbs (g) Fat (g) Fiber (g) Sugar (g)

