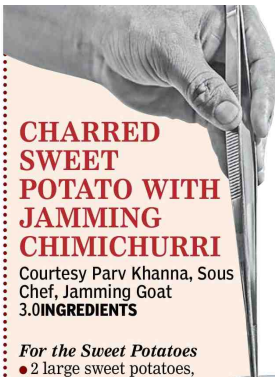


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CHARRED SWEET POTATO WITH JAMMING CHIMICHURRI

Courtesy Parv Khanna, Sous Chef, Jamming Goat
3.0 INGREDIENTS

For the Sweet Potatoes

- 2 large sweet potatoes, thoroughly cleaned
- 2 tablespoons extra-virgin olive oil
- Sea salt, to taste
- Freshly ground black pepper, to taste

For the Jamming Chimichurri

- 2 tablespoons fresh mint, finely chopped
- 2 tablespoons fresh parsley, finely chopped
- 2 tablespoons fresh basil, finely chopped
- 2 tablespoons fresh dill, finely chopped
- 2 tablespoons fresh scallions, finely chopped
- 2 tablespoons fresh coriander, finely chopped
- 1-2 Thai red chillies, finely chopped
- 2 cloves garlic, finely minced
- 4 tablespoons extra-virgin olive oil
- 2 tablespoons freshly squeezed lemon juice
- Sea salt, to taste

METHOD

- Preheat your oven to 200°C. Using a brush, clean the sweet potatoes under running water to remove any dirt. Do not peel the sweet potato and dry with a kitchen towel. Pierce each sweet potato with a fork.
- Lightly coat the sweet potatoes with extra-virgin olive oil, ensuring an even coverage. Season with sea salt and freshly ground black pepper.
- Place the sweet potatoes on a baking sheet. Bake in the preheated oven for 45-60 minutes, or until the sweet potatoes are tender and cooked through. To check if it is done, insert a fork into the centre of the potato; it should meet little resistance.
- Take a mixing bowl, combine the finely chopped herbs, mint, parsley, basil, dill, scallions, and coriander. Add the finely chopped Thai red chillies and minced garlic to the bowl. Drizzle the extra-virgin olive oil and freshly squeezed lemon juice over the herb mixture. Season with sea salt to taste. Gently stir the mixture until all ingredients are well combined, creating a vibrant and aromatic chimichurri.
- Once the sweet potatoes are perfectly cooked, carefully remove them from the oven and allow them to cool slightly. Using a sharp knife, make a slit down the centre of each sweet potato to expose the tender flesh. Generously spoon the jamming chimichurri over the sweet potatoes, allowing the flavours to meld with the sweet, charred flesh.
- Garnish with additional fresh herbs, fresh pomegranate seeds, Basil and chili oil and serve immediately.

The sweetness of sweet potato

The humble root vegetable packs a powerhouse of health and is a must-have dish

BINDU GOPAL RAO

The humble sweet potato is a vegetable that often gets overlooked by its famous relative, the potato, but the reality is that incorporating sweet potato is probably the best decision for your health and wellness. Here are some recipes for you to try.

ROASTED SWEET POTATO

Courtesy Chirag Makwana, Head Chef, Olive Bandra & Toast and Tonic

INGREDIENTS

- Roasted Sweet Potato 200 grams
- Cilantro Crema 40 grams
- Tamarind Sauce 45 grams
- Caperberry 20 grams
- Sour cream 40 grams
- Butter 20 grams
- Salt 3 grams
- Pepper 1 gram
- Salsa 30 grams
- Bandel Cheese (optional) 2 grams

METHOD

- To prepare Cilantro crema combine 60 grams of fresh cilantro and 80 grams of yoghurt along with salt and pepper in a food processor and blitz until a creamy consistency is achieved.
- To prepare Tamarind sauce take about 100 grams of tamarind paste and cook with 200 grams of sugar, 60 grams water, and salt and pepper until



- a sauce consistency is achieved.
- To prepare tomato salsa, chop onions and tomato and mix it with salt, pepper, lime juice, and cilantro.
- On a plate place the roasted sweet potato tossed in butter and seasonings. Layer it with cilantro crema, tamarind sauce and sour cream.
- Top it up with fresh tomato salsa and caperberries. Garnish with cilantro. Grate some smoked Bandel cheese on top.



SWEET POTATO TEMPURA ROLL

Courtesy Malavika Unni, Chef De Partie, JW Marriott Hotel Bengaluru

INGREDIENTS

- Sweet potato 100 grams
- Sweet miso 50 grams
- Avocado 1 no
- Roasted white sesame seeds 20 grams
- Nori sheet 1 no
- Cooked sushi rice 150 grams



For the Salsa

- Chopped onion 50 grams
- Chopped coriander 5 grams
- Lemon juice 2 ml
- Salt to taste

METHOD

- Spread the rice evenly on the nori sheet and sprinkle roasted white sesame seeds uniformly.
- Flip the nori sheet and arrange sweet potato tempura and avocado inside the sushi, along with a drizzle of sweet miso. Start rolling the sushi into a maki roll.
- Cut the roll into six pieces and top with the onion salsa. Garnish with some cress or edible flowers and enjoy with soy sauce on the side.

TAMARIND INFUSED SWEET POTATO BAKED CHEESECAKE WITH CINNAMON AND STAR ANISE CRUMBLE

Courtesy Genose George, Regional Executive Chef – Aurika, Udaipur – Luxury by Lemon Tree Hotels

INGREDIENTS

For the Crumble Base

- Wheat Flour 100 grams
- Breakfast Sugar 100

grams

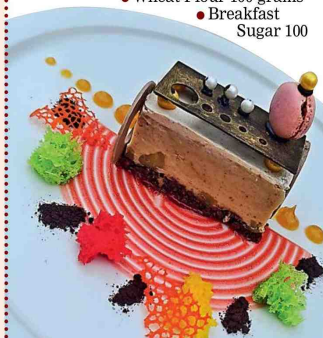
- Unsalted Butter Melted 100 grams
- Star Anise Powder 20 grams
- Cinnamon Powder 20 grams

For the Cheesecake

- Cream Cheese 300 grams
- Milk Maid 100 grams
- Sweet Potato Mash 100 grams
- Tamarind Puree 50 grams
- Egg Yolks 2 No
- Corn Flour 25 grams
- Fresh Cream 100 grams

METHOD

- Preheat the oven to 160°C.
- Prepare a 9-inch springform pan for a water bath by placing a large square of heavy-duty



aluminium foil underneath the pan.

- In a medium bowl, combine the crumble mixture until moistened and press down into the pan.
- Place the pan gently on the oven rack and bake for 10 minutes and cool on a wire rack.
- Beat the cream cheese until smooth using an electric blender.
- Add sugar and beat.
- Add condensed milk, sweet potato mash, and tamarind puree, and beat until combined.
- Add the eggs, one at a time and beat till combined and do not over mix.
- Pour the mixture into the springform pan. Place the pan in a double boiler and bake at 160°C for 35 minutes. The internal temperature should read 150°F with an instant-read thermometer inserted into the centre.
- Turn off the oven heat and open the oven door with an inch gap and let the cheesecake cool inside the oven for about an hour.
- Remove the cheesecake from the oven, unwrap the foil, and transfer the pan to a cooling rack.
- Once cool, refrigerate for at least five hours and serve with berry compote.