

『Purple Sweet Potato Cupcakes』

With tons of purple sweet potatoes stuffed inside the cream and the cupcake.



Cooking Time
about 60 min.

Ingredients

6 muffin cups
(5cm in diameter by 4.5cm)

★ Cupcake

eggs	2 pieces
brown sugar	60g
*cane sugar or white sugar can also be used	
purple sweet potato	60g
rum	1/2 teaspoon
flour	60g
butter (no salt)	40g
walnuts	20g

★ Purple sweet potato cream

purple sweet potato	60g
brown sugar	10g
*cane sugar or white sugar can also be used	
rum	1/4 teaspoon
whipped cream(A)	50g
whipped cream(B)	60g
brown sugar	6g
*cane sugar or white sugar can also be used	

★ Finishing touches

silver dragees	as needed
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Cupcake

- 1 Break the eggs into a bowl, add brown sugar, and beat them with a hand mixer until they are white and fluffy.
- 2 Add the purple sweet potatoes and rum and mix until they are evenly distributed.
- 3 Sift cake flour and chop and mix with a rubber spatula. When there is little flouriness left, add the butter and walnuts and mix further.
- 4 Put the dough into a mold and let it air dry.
- 5 Place the dough on a baking tray and bake in the oven (for electric ovens, 180°C for 20-25 minutes).
- 6 After baking, let it cool for a bit.

Purple Sweet Potato Cream with Two Colors

- 1 Put the purple sweet potatoes, brown sugar, and rum in a bowl and mix with a hand mixer.
- 2 Add cream (A) and mix lightly so that the mixture is evenly distributed (be careful not to overmix).
- 3 In a separate bowl, beat the cream (B) and brown sugar with a hand mixer until stiff peaks form.
- 4 Put ② and ③ in a pastry bag fitted with a nozzle such that they form two colors vertically against the nozzle.

Finishing touches

- 1 Remove the cooled cupcakes from the molds and squeeze the two colors of purple sweet potato cream. Decorate with silver dragees as desired.

Instructions

Prepping

- Peel the purple sweet potatoes, cut them into 2-3 cm cubes, soak in water, drain, place in a heatproof bowl or plate, cover with plastic wrap, and microwave for 2-3 minutes at 500w. Place them in a heatproof bowl or dish, cover with plastic wrap, and microwave for 2 to 3 minutes at 500w. Mash the dough while it is still hot and drain. Separate 60g of it for cupcakes and 60g for cream.
- Let the eggs come to room temperature.
- Melt the butter in a saucepan over hot water and set aside to cool to room temperature.
- Roasted walnuts (about 5 minutes in an electric oven at 170°C) and chop it at about 5mm square with a kitchen knife.
- Preheat the oven to 180°C for 20-25 minutes.

Cooking Tips

- You can also substitute purple sweet potatoes with purple sweet potato paste.
- The time for microwaving the purple sweet potatoes is a rough guide. The cooking time will vary depending on the amount of water in the potatoes and the size and thickness of the heatproof bowl or plate. If the potatoes are too hard, cook until they can be mashed.
- You may choose to add rum or not as desired.
- When the cream in the pastry bag becomes two different colors with a gentle squeeze, squeeze it into the cupcakes.