

Purple sweet potato eggslut & purple sweet potato potage

A set of red potato eggslut seasoned with bacon and dried herbs, and a bright potage made with grated onions and purple sweet potatoes.



Ingredients

For 2 people

★Eggslut

purple sweet potato	80g
olive oil	1 teaspoon
onions	40g
bacon	30g
white wine	1 tablespoon
herb salt	1/4
pizza cheese	30g
eggs	2 pieces

★Potage

onions	40g
purple sweet potato	100g
milk	200cc
consommé	1/2 teaspoon
salt and pepper	a little
fresh cream	as needed

Cooking Time
about 30 min.

Instructions

Prepping

- Peel off the skin from the purple sweet potatoes, cut them into 2 to 3 cm squares, soak in water, drain, and put in a heat-resistant bowl/plate. Wrap, and heat in a microwave oven (500w for 2 to 3 mins).
- Finely chop onions for the eggslut.
- The bacon is to be cut into 7mm square shape.
- Grate onion for the potage.
- Boil water, which is about 2/3 of the volume of a heat-resistant container.

Eggslut

- 1 Heat up olive oil in a pan, add onion bacon and fry.
- 2 When the onions are softened, turn off the heat, add white wine, heat again to remove the alcohol.
- 3 Add in purple sweet potato and herb salt into (2) and in a bowl, mix well.
- 4 Spread (3) in a heat-resistant container, add in cheese and eggs for pizza.
- 5 Put (4) into boiling water, cover and heat until the eggs are hardened (medium heat 10-15 mins).

Potage

- 1 Put grated onions in a pan and heat until it boils (low heat).
- 2 Turn off the heat, add in purple sweet potato, and mix well.
- 3 Add 3 portions of milk and stir well.
- 4 Add consommé, heat (medium heat), and turn off the heat just before it boils.
- 5 Add salt and pepper to taste. Serve (6) in a bowl and top it with fresh cream.
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Cooking Tips

- Purple sweet potato can be replaced with red potato paste
- The microwave heating time of purple sweet potatoes is for reference only, it varies depending on the amount of water of the potatoes, the size and thickness of the heat-resistant bowl / plate, so if the potato is still hard, further heat it to the point where it can be mashed easily.
- Be mindful to use heat-resistant container for the eggslut.
- Adjust the heat of the eggslut according to your own preference.
- When using purple sweet potatoes for potage, mash then strain for smoothness.
- Potage can also be made without a blender simply by grating the onions.