

Organic Mashed Ipoh Sweet Potato



These large organic orange sweet potatoes are grown up in a sandy loam in the Ipoh region. Totally unrelated to potatoes (Solanaceae family), they belong to the Convolvulaceae family, like Kang Kong.

Beta-carotene is one of the main antioxidants, but they are also a good source of vitamins B & C and offer minerals iron, calcium and selenium. The high fibre helps contribute to digestive health and means these beauties have a relatively low GI. They are great for stabilizing blood sugar, enhancing immunity and supporting eye health.

Sweet potatoes contain choline which is often grouped with the B vitamins. It supports the nervous system, learning and memory and may help with the inflammation associated with asthma.

Butter was used as the fat to aid absorption of the fat-soluble beta-carotene, but you could also use a little coconut oil or olive oil for this purpose.

Credits: Ceri, Zenxin master chef

Key facts:

- Preparation: 10 mins
- Cooking time: 30mins + 30 secs
- Total: 40 mins 30 secs
- Serves: 6-8

Ingredients:

- 1kg organic Ipoh sweet potatoes
- 350g filtered water
- 1 tsp Himalayan rock salt
- 30g organic salted butter

Method:

1. Wash and peel the sweet potatoes and chop into small pieces.
2. Place the 'Butterfly whisk' correctly into the Thermomix bowl.
3. Add the 1kg of peeled chopped sweet potatoes to the Thermomix bowl.
4. Sprinkle 1 tsp Himalayan salt over the potatoes.
5. Pour in 350g filtered water.
6. Select 30 mins at 98°C, speed 1 and begin cooking.
7. After the program is completed add 30g butter and whisk for 30 secs at speed 3.
8. Serve immediately.