

Teriyaki-glazed Sweet Potatoes

Makes 4 – 6 servings

2 large sweet potatoes or yams
2 tbsp cooking oil

Teriyaki Glaze:

1 tsp cooking oil
1 clove garlic, chopped
1 tbsp chopped ginger
¼ cup soy sauce
2 tbsp mirin (Japanese sweet rice wine)
2 tbsp sake (Japanese rice wine)
¼ cup packed brown sugar

2 tsp sesame oil
1 tsp sesame seeds, for garnish
1 tbsp chopped green onion, for garnish

1. Preheat oven to 350°F.
2. Peel the sweet potatoes and slice them into wedges. Toss with oil to coat and place on a sheet pan. Roast in preheated oven until done, about 35 minutes.
3. To make teriyaki glaze: Heat oil in a saucepan until hot. Add garlic and ginger and cook until fragrant, about 30 seconds. Add soy sauce, mirin, sake and sugar. Simmer over low heat to reduce to a glaze, about 10 – 15 minutes.
4. When sweet potatoes are done, drizzle with teriyaki glaze and sesame oil; toss to coat. Garnish with sesame seeds and green onion before serving.