KIKKOMAN

Sweet potato dumplings with mushroom sauce

Total time **55 mins** **15 mins** preparation time **40 mins** cooking time

Nutritional facts (per portion):
4,354 kJ / 1,040 kcal

Fat: **51 g** Protein: **25 g**
Carbohydrates: **122 g**

INGREDIENTS

2 portion(s)

600 g	sweet potatoes
65 g	wheat flour
3 tbsp	potato starch
1	egg
0.5 tsp	salt
Mushroom sauce:	
1 tbsp	butter
500 g	mushrooms (half white, half brown)
4	shallots
2	cloves of garlic
1 tbsp	Kikkoman Naturally Brewed Soy Sauce
1 tsp	pepper
250 ml	whipping cream
0.5 bunch	parsley

PREPARATION

Step 1

600 g sweet potatoes
Preheat the oven to 190 degrees Celsius. Wash, peel, and cut the sweet potatoes into smaller pieces. Put them on a baking sheet and bake for approximately 25 minutes until tender. Allow them to cool and press them through a potato ricer.

Step 2

65 g wheat flour - **3 tbsp** potato starch - **1** egg - **0.5 tsp** salt
Transfer the mashed sweet potatoes, wheat flour, potato starch, salt, and egg to a bowl. Knead the dough until well combined, then shape it into small rolls. Cut the rolls into dumpling shapes. Next, cook the dumplings in batches in salted water for 3 minutes from the moment they float to the surface.

Step 3

1 tbsp butter - **500 g** mushrooms (half white, half brown) - **4** shallots - **2** cloves of garlic - **1 tbsp** Kikkoman Naturally Brewed Soy Sauce - **1 tsp** pepper - **250 ml** whipping cream - **0.5 bunch** parsley
Wash and slice the mushrooms, cut the shallots into matchsticks, and crush the garlic. Sauté the shallots in butter until translucent, then add the mushrooms and garlic. Fry until golden. Season with Kikkoman Soy Sauce and pepper. Pour in the cream, add chopped parsley, and bring to a boil. Pour the sauce over the dumplings and garnish with parsley leaves.