



Oil-Free Caramelised Sweet Potato (Matang)



Ingredients

- 2 or 3 sweet potatoes
- 5 Tablespoons white granulated sugar

Method

1. Heat the oven to 220 deg Celcius.
2. Line a baking tray with non stick baking paper.
3. Peel the sweet potato, wash it, dry it well with a kitchen paper towel, then cut it into 1 inch chunks.
4. Place the chunks on baking paper, leaving a slight space in between each, then pop it into the oven.
5. Bake for 8 to 10 minutes (longer if your chunks are larger). Set aside when done.
6. Heat a pan on the stove on medium heat. Pan is ready when droplets of water skitter over the surface when sprinkled on the pan.
7. Add the sugar. Do not stir. Swirl the liquid around the pan by moving the pan itself. when it starts to turn yellow. Once it turns amber, it is ready. Watch the pan careful as sugar burns quickly and easily. Switch off the stove immediately when it turned amber.
8. Quickly put the baked sweet potato chunks into the pan and coat them completely with the caramelised sugar. I find tongs work well here. The mixture will be sticky.
9. Place the coated chunks onto a non stick baking paper, making sure that each chunk is clearly separated from the others. Leave for about 5 minutes, then eat immediately.