



Mini Yam Baskets with Chicken, Cashews and Vegetables

Overview

Difficulty: Easy

Servings: 6

Preparation Time: 40 mins **Cooking Time:** 60 mins

Ingredients

Mini Yam Baskets

1 litre Cooking Oil

(or just enough for yam baskets to fully submerge)

10ml Water

15ml Sesame Oil

20g Plain Flour

20g Rice Flour

20g Sugar

40g Corn Flour (with excess for dusting)

600g Fresh Yam

1 teaspoon Five Spice Powder

2 teaspoons Salt

Filling

2 tablespoons Oyster Sauce

10ml Light Soy Sauce

10ml Sesame Oil

150ml Chicken Stock

1050ml Water

10g Corn Flour

10g Garlic

10g Ginger

20g Green Capsicum

20g Red Capsicum

20g White Onions

30g Roasted Cashew Nuts

60g Carrot

200g Broccoli

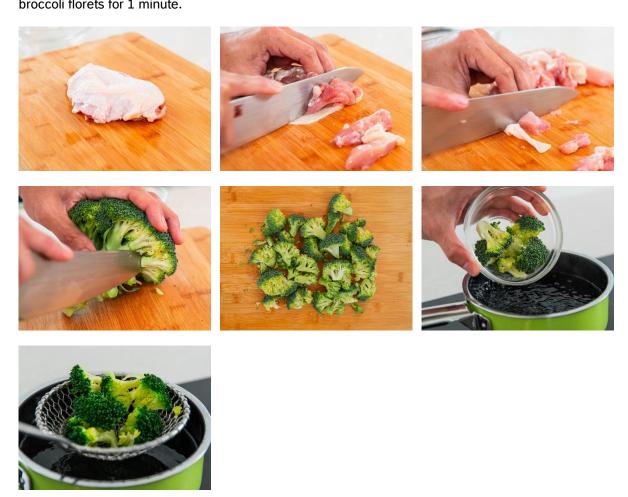
200g Chicken Thigh

To taste Salt

To taste White Pepper Powder

1. Methods for Mini Yam Baskets

Step 1Cut chicken thigh into cubes. Separate broccoli into florets. Bring 1 litre of water to boil. Blanch broccoli florets for 1 minute.



Step 2Dice green and red capsicums. Peel and dice carrot.





Step 3Peel and cut yam into slices of equal thickness. Season with five spice powder and salt. Mix well.



Step 4Steam yam slices with your Oven in **Steam Mode** for about 40 minutes until soft.







Step 5Sieve rice flour and plain flour together.







Step 6Mash steamed yam with a fork to form thick paste. Add sugar, sesame oil and 10ml of water. Mix well. Add flour mixture into yam mixture. Mix well to form dough.

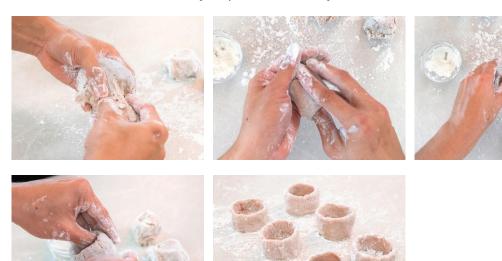








Step 7Divide yam dough into 6 equal portions. Shape into baskets of around 4cm in height and 5cm in diameter. Dust with corn flour if yam paste is too sticky.



Step 8Blend white onions, ginger and garlic to a coarse paste with your Hand Blender.



Step 9

In a medium-sized pot, heat up just enough cooking oil for yam baskets to fully submerge, at high heat (hob setting Level 8) for about 10 minutes. Test it with some batter. When it sinks and rises to the surface again with bubbles, the oil is at the right temperature.







Step 10

Fully submerge yam baskets in oil to ensure even cooking and colouration. Fry until golden brown and crusted. Remove with a slotted spoon.









2. Methods for Filling

Step 11

In a lightly-heated medium-sized pan, add 3 tablespoons of cooking oil used for frying yam baskets. Fry cubed chicken thigh for about 4 minutes.







Step 12Add blended paste, diced carrot, diced red and green capsicums, blanched broccoli florets, roasted cashew nuts.



Step 13Add sesame oil, light soy sauce, oyster sauce, white pepper powder, salt and chicken stock. Stir well and cook for 3-5 minutes.









Step 14Mix 50ml of water with corn flour to form a slurry. Add corn starch slurry to the cooking filing. Stir well until sauce thickens.



Step 15Serve in yam baskets and enjoy.



