



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 1

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



Step 2

Dice green and red capsicums. Peel and dice carrot.





Step 3

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



Step 4

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



Step 5

Sieve rice flour and plain flour together.



Step 6

Mash 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 7

Divide 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 8

Blend 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 12

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



Step 13

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





Step 14

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



Step 15

Serve in yam baskets and enjoy.



