

## *Bite size Spicy Sweet-Potato cutlets (tikkis)*

**Yield: 40 mini sweet potato cutlets**

### **Ingredients:**

Sweet Potatoes: around 500 gms
Onion: 1 cup, finely chopped
Teesi: 3 Tbsp
Lime juice: 2 Tbsp (start with 1.5 tbsp and adjust to suit your taste)
Coarse Rice powder: 3 Tbsp (you can replace this with fine semolina instead)
Finely chopped coriander leaves: ½ cup
Finely grated ginger: 1 ½ Tbsp
Roasted cumin powder: 1 ½ Tbsp
Chilli powder: 1 tsp
Black pepper powder: 1 tsp
Finely chopped green chillies: 4-5 (I used Thai green chillies)
Rock salt: ¼ tsp
Salt: to taste
Ghee to pan fry the mini cutlets (replace with your regular cooking oil if you prefer): You will need to spread a tsp (or less) of ghee in the skillet. As you cook the mini cutlets, you can use an oil brush or the back of a spoon to touch the surface of the cutlets with ghee/oil. When pan frying the next batch, use a little less ghee, just enough to have some oil lining the skillet.

### **How I did it:**

1. Wash sweet potatoes thoroughly. Slice each sweet potato (skin on) into 2 or 3 big chunks. I used a pressure cooker to boil until steam forms (one whistle). Remove from heat and let it cool down until all the steam is released.
2. Meanwhile, prepare the other ingredients.
3. Shock the boiled sweet potatoes in ice cold water. Peel the skin. Grate these into a large enough bowl.
4. Add all the remaining ingredients listed above.
5. Using your fingers, mix all the ingredients together making sure the masalas are uniformly mixed. It doesn't matter if the sweet potato loses the grated texture. Sweet potatoes have been cooked but are still firm and will retain their texture when we shape them into mini-cutlets. The important thing is to mix this well to ensure every cutlet has the flavours uniformly spread across. Taste and adjust the salt, spice and tangy taste according to your liking. The best way to do this is to pan fry one mini-cutlet first and taste it. I believe the taste alters with the cooking process therefore this step is highly recommended.
6. Shape the mixture into bite size cutlets – about an inch to 1.5 inches in diameter.
7. In a skillet, heat about a tsp of ghee (Just enough ghee to wet the skillet) Place the mini-cutlets in the skillet, and cook on low heat until crispy on the outside. As I do not use much ghee in the skillet initially, I like to brush the cutlets with a little ghee on the outside during the cooking process. This helps to give a nice golden color.

### **Notes:**

- The green chillies are an absolute must in this, if serving for adults. Adjust to your tolerance. I skipped it when I made it for V.
- I added Teesi, which made it healthier obviously. If you do not want to make Teesi, you can replace it with a tsp of roasted coriander powder and 1/8 tsp of chilli powder instead. The flavour will be different but good, nevertheless.
- I used Vietnamese sweet potatoes to make this, as it is readily available here. The Vietnamese sweet potatoes have less moisture than many other varieties. I found it easy to shape and pan fry.