

## Sweet Potato Cakes

### Ingredients

- 2 small sweet potatoes/yams
- 1 egg yolk
- 2 ½ t sugar
- 2 T butter
- 1 T milk

### Preparation

1. Pierce sweet potatoes with a knife or fork and microwave for 5 minutes or until soft. Peel the skin and mash the potatoes in a bowl.
2. Add butter, sugar, milk, and egg yolk, reserving a little bit of the yolk for glazing.
3. Divide mixture into 2 portions and shape each into oval cakes. Put each cake in an aluminum foil shaped cup or tin.
4. In a small cup, mix a bit of water into the left-over egg yolk. Brush the cakes with the egg yolk mixture.
5. Place them on a tray and bake at 375° F for 10-15 min.

Serves 2.

[Source: <http://japanesefood.about.com/od/sweetpotato/r/sweetpotatocake.htm>]