

Sweet Potato Rice (Satsuma-imo gohan さつまいもご飯)

The Japanese love gohan. They also love sprucing it up with seasonal ingredients. In the fall/winter, many households will serve a variety of gohan, from mame-gohan (green pea rice) to kuri-gohan (chestnut rice) to matsutake-gohan (pine mushroom rice). Below is a recipe for yet another favorite, sweet potato rice. Try it, and see what a delicious blend of white rice and sweet potato this can be!

Ingredients:

2	C	rice
2	T	sake (rice wine)
2 ¼	C	water
1	t	salt
10	oz.	sweet potato (preferably Japanese)

Directions:

1. Wash rice in cold water by stirring vigorously by hand. Drain and repeat 3-4 times until the water is clear.
2. Cut the sweet potato into ½ inch cubes. Soak in water for 30 mins. to eliminate harshness. Drain the water.
3. Add sweet potato, sake, salt and rice to pot. Bring to a boil, then cover and cook over medium-low heat for about 20-30 mins. Remove from heat and let stand covered 5-10 mins. Serve immediately. Serves 4.

(Sources: <http://www.kikkoman.com/contents/cookbook.html> ; <http://japanesefood.about.com/library/pictures/blyakiimophoto.htm> ' <http://gourmet.yahoo.co.jp/seturi?mid=japanese&small=0101008&id=U000948>)