

Vermicular Sponsored Recipe with Danielle Oron of I Will Not Eat Oysters

Yams with Whipped Miso Tahini

Ingredients

2-3 small yams, scrubbed well of any dirt

½ cup tahini
1 clove garlic
1 ½ tbsp lemon juice
1 tbsp red miso
Kosher salt
½ cup cool water

Grapeseed oil or other neutral oil, for frying

¼ cup toasted pine nuts
1 ½ tbsp toasted sesame seeds
½ tbsp black sesame seeds
Flakey sea salt
Cilantro leaves, garnish

Method

Lay the yams in the pot and add 1-2 tbsp of water to prevent scorching. Cover and steam-roast [LOW] heat for 45-55 minutes, until fork tender. This will depend on the size of the yams.

Remove the yams from the pot and allow to cool.

Meanwhile, make the whipped miso tahini by placing the tahini, garlic, lemon juice, red miso, and a pinch or two of salt in the bowl of a food processor. Blend on high for 3-4 minutes until smooth and thick. With the motor running on low, very slowly drizzle in ½ cup of cool water. The mixture will first seize and then smooth out. After all the water is incorporated, turn the food processor to high and allow to whip for another 30 seconds. Taste and adjust seasoning.

Tear the yams, along with the skins, into 2"-3" pieces creating irregular shapes. This will ensure you get lots of crispy edges after you fry them.

Heat ½" of grapeseed oil in the pot over [MED] until the oil is hot and the you get the [GRILL OK] sign. Fry the torn yams in batches, taking care not to overcrowd the pot until crispy and golden, 1-2 minutes on each side.

Plate the whipped tahini on each serving dish by spreading it around with the back of a spoon. Top with fried yams. Sprinkle each dish with lots of pine nuts and sesame seeds. Finish with a flakey sea salt and garnish with cilantro leaves.