

## Sweet potato rice doughnuts

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## Sweet potato rice doughnuts

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These Korean-style doughnuts are covered in a cinnamon and coconut sugar.

The first taste that hits your mouth is sweet and the dough is moist and chewy because of the glutinous rice flour used (which, despite its name, does not contain gluten). Yum!

### Ingredients (serves 6-8)

- 400g [sweet potato](#)
- 1  $\frac{3}{4}$  cups glutinous brown rice flour
- $\frac{1}{2}$  cup spelt flour
- $\frac{1}{3}$  cup coconut sugar
- $\frac{1}{2}$  tsp salt
- $\frac{1}{2}$  tsp baking powder
- 1 cup hot milk\*
- Oil for frying

For the doughnuts

For rolling in

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- ½ cup white coconut sugar
- 2 tsp cinnamon

Cooking time: 20 minutes

Prep time: 1 hour

### METHOD

Begin by steaming the sweet potatoes whole. Scrape the flesh from the skin and place into a bowl with the brown rice flour, spelt flour, coconut sugar, salt and baking powder. Discard the skins. Add in the milk a little at a time until a dough has formed.

Heat some rice bran or vegetable oil in a saucepan. We want the oil to be extremely hot. To test a piece, carefully drop in a small amount of dough into the oil. If it bubbles straight away, the oil is hot enough, if not, leave to heat up for longer.

Roll the dough into small balls and carefully drop in a few at a time into the oil.

Cook the doughnuts until very golden on each side. Be careful not to remove too early or they will still be dough-like inside. The longer you leave them in, the more doughnut-like they will be. They normally take around three to five minutes. Flipping them over halfway in between.

Once doghnuts have been removed, roll them in a bowl with the coconut sugar and cinnamon and serve.

\*Note: You may not need all the milk depending on your dough.

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Recipe from Kate Bradley; photo credit: Elisa Watson

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