



SWEET POTATO WITH BLACK BEAN [DYAB-LA] PUREE



QimiQ BENEFITS

- All natural, contains no preservatives, additives or emulsifiers
- Freezer stable



15



easy

INGREDIENTS FOR 1 RECIPE

SWEET POTATO CREAM

FOR THE BEAN PUREE

| | |
|--------------|---------------------------|
| 180 g | QimiQ Sauce Base |
| 729 g | Black beans [Dyab-la] |
| 5 g | Sugar |
| 3 g | Sea salt |
| 1 g | Cinnamon |
| 2 g | Cardamom |
| 6 g | Ginger root, finely diced |
| 80 g | Pineapple, finely diced |
| 3 g | Starch Novation 4600 |

METHOD

1. For the puree, soak the beans over night. Cook in approx. 2.5 litres of water until soft.
2. Blend two thirds of the warm beans, add the QimiQ Sauce Base and mix well.
3. Season with the sugar, salt, cinnamon, cardamon and ginger. Add the coconut flakes, pineapple and remaining beans and mix well.
4. Sprinkle the starch over the mixture and mix well.
5. Pour into the required mold, allow to cool and cut to size.
6. Assemble and garnish with deep fried diced potato, black beans and cress.