

Sweet Potato Chips with chicken

Show: May 8

Ingredients:

1 Sweet Potato, washed
Chives
Orchid pedals
Chicken Breast, cooked and sliced
Port reduction sauce*
Sweet Potato Puree**

Procedure:

Preheat deep frying oil to 325°F.

Using a mandolin, slice very thinly (about 1/16 inch) lengthwise a sweet potato. Deep fry until crisp. Remove from oil and drain on paper towels.

Place 1 tsp sweet potato puree on the end of a chip. Add a cube of chicken and squeeze a design of port reduction on top. Garnish with a sliver each of chive and edible flower (I used orchid pedal).

**Port reduction sauce recipe:*

Ingredients:

1 cup Port
2 Tbls Honey

Procedure:

In a saucepan reduce 1 cup of port with 2 Tbls of honey until it is a thick syrup and coats the back of a spoon. Heat should be a gentle simmer. Put in a squeeze bottle & store in refrigerator. Will keep for months.

***Sweet Potato puree recipe:*

Ingredients:

1 Sweet Potato
1 Tbls Butter, softened
1 Tbls Cream
1 pinch each of: salt, white pepper and nutmeg

Procedure:

Roast a sweet potato in oven at 350°F until tender. Best to prick the skin a couple of times prior to placing in oven. Scoop out the soft insides and mash until smooth adding 1 Tbls soft butter and 1 Tbls cream. Add a pinch of salt, white pepper and nutmeg.

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