

# Beni Imo Dango



17-June-2022

Level: Easy

Serves: about 6 dozen

Prep Time: 1.5 hours

Cooking Time: 1 hour



## Mochi balls:

1½ cups white granulated sugar

1 cup water

1½ cups (about 2 large-sized) Okinawan sweet potatoes; steamed, peeled and mashed

1 (16 oz.) box mochiko (sweet rice flour)

Wooden skewers, to hold mochi balls

## Garnish:

¼ cup white granulated sugar

¼ cup kinako (roasted soybean flour)

OR

Kuromitsu (black sugar syrup)

## Recommended Tools:

Skimmer spoon or strainer ladle

Large baking sheet pan

*To prepare mochi balls:* In a large bowl, dissolve sugar in water by mixing with a wooden spoon. Add 1½ cups mashed sweet potatoes and mix well. Add mochiko and mix until combined. Place a large piece of parchment paper on your countertop and dump the mochiko mixture on it (Pic #1). Knead the mochiko mixture until all ingredients are thoroughly combined (Pic #2). With your fingers and palms, roll the mochiko into 1-inch balls (Pic #3), (also see Notes).



Pic #1



Pic #2



Pic #3



Pic #4

*To cook mochi balls:* Pour a small amount of water in a large baking sheet pan, just to wet the bottom of the pan. Set aside. Fill a large pot with water and bring to a boil. Depending on the size of your pot, drop about a dozen mochi balls into the boiling water, but do not overcrowd the pot. Cook mochi balls for 10 minutes (they are done when they rise and float to the top). Using a skimmer spoon/strainer ladle, remove the mochi balls from the boiling water and drop into an ice bath for 1 minute. Remove mochi balls from ice bath and place on wet baking sheet pan. Repeat with remaining uncooked mochi balls. After all mochi balls are cooked, put 3 or 5 (always odd numbers) mochi balls per skewer (Pic #4). Pat mochi balls dry with a paper towel (it will be sticky). To serve, sprinkle with sugar and kinako mixture or dip into kuromitsu syrup. Best eaten on the day made.

Notes:

- To prepare Okinawan sweet potatoes: Scrub outside of potatoes clean, then steam for about 30 to 40 minutes, until soft and tender. Remove from steamer and let cool. Remove and discard skin. In a medium bowl, mash the sweet potatoes until creamy.
- You can roll the mochi balls larger than 1-inch if you prefer, however, you have to boil the mochi balls longer in order for the middle to be cooked. For 2-inch mochi balls, I would recommend cooking for 12 to 14 minutes.
- Kinako and kuromitsu can be found at most Asian supermarkets. These are the brands I purchased at Don Quijote.



Kuromitsu