



STEAMED PURPLE SWEET POTATO CAKE WITH LEMON HONEY CHEESE FROSTING

(Makes 4 servings)

INGREDIENTS

LEMON HONEY CHEESE FROSTING

120 g self-rising flour, ½ tbsp grated nutmeg, 60 g butter, 60 g soft brown sugar, 1 large egg, 30 g whipping cream, 120 g mashed purple sweet potato

150 g Mascarpone, 2 tbsp honey, ½ tbsp grated lemon zest, 2 tbsp lemon juice



Methods:

1. Sift the flour and nutmeg.
2. Melt the butter over a pot of simmering water. Stir in brown sugar and beat with a whisk until well combined. Whisk in egg and whipping cream until well combined. Add the sifted flour and nutmeg. Fold until there are no visible dry spots. Add mashed sweet potato and stir to blend well.
3. Pour the batter in greased mini cake tins or ramekins until 80% full. Steam in Miele puresteam at 100°C for 15 minutes until done.
4. To make the frosting, stir all frosting ingredients in a small bowl until well combined. Serve on the side with the cakes..

Cooking tips:

- To make mashed purple sweet potato, peel the purple sweet potatoes and dice finely. Steam in Miele puresteam at 100°C for 15 minutes until tender. Smash with a fork while still hot.
- Miele puresteam features a 24-litre cabinet. You can easily steam many cakes over the three shelves in it. Apart from mashed sweet potato, making other mashed food or baby food is also a breeze with Miele puresteam.



香檸蜜糖芝士醬伴迷你紫薯海綿蛋糕 (4個份)

材料

香檸蜜糖芝士醬

自發粉120克，豆蔻粉1/2茶匙，牛油60克，金黃幼砂糖60克，大雞蛋1隻，淡忌廉30克，紫薯蓉120克

意大利芝士Mascarpone 150克，蜜糖2湯匙，檸檬皮1/2茶匙(刨絲)，檸檬汁2茶匙



做法：

1. 自發粉及豆蔻粉一同過篩。
2. 牛油隔水座溶，加入金黃幼砂糖先以打蛋器攪拌至砂糖完全溶解，加入雞蛋及淡忌廉拌勻，再倒入自發粉中拌至沒粉粒，最後加入紫薯蓉拌勻。
3. 把粉漿注入蛋糕杯至8分滿，以100°C蒸15分鐘。
4. 把香檸蜜糖芝士醬材料放小碗中拌勻，可作伴食之用。

烹調小貼士：

- 將紫薯去皮切成小粒，用Miele蒸爐以100°C蒸15分鐘至熟透，趁熱即可輕易用叉壓碎成蓉。
- Miele蒸爐容量為24公升，可分3層同時蒸出多個蛋糕。除了製作紫薯蓉外，製作其他蓉狀甚至嬰兒食物亦輕而易舉。