



Move Over Pumpkin Spice!

Make Room For *Sweet Potatoes!*

Fall For the Unexpected

Delicious Inspired Recipes

*from*

Nikken Foods



# Sweet Potato Gnocchi

## with Herbed Miso Butter

Yield: 4 Servings

wt. (g.)	%	Ingredient
500.00	52.49%	Sweet Potato Puree
48.00	5.04%	Egg
9.00	0.94%	Salt
250.00	26.25%	AP Flour
35.00	3.67%	Butter
10.00	1.05%	Garlic
4.00	0.42%	Sage
5.00	0.52%	Rosemary
35.00	3.67%	Grated Parmesan
<b>1.50</b>	<b>0.16%</b>	<b>6107 White Miso Powder</b>
55.00	5.77%	Heavy cream
952.50	100.00%	

### Directions:

- 1.) Pierce sweet potato skin all over with a fork, wrap in damp paper towels and microwave on high for 7-10 minutes or until fork tender. Allow potatoes to cool enough to touch, cut in half and scoop out the flesh and discard the skin.
- 2.) Measure out 500 g of the peeled, cooked sweet potato and mash with a potato masher or ricer until smooth. Transfer to a larger bowl and stir in the egg.
- 3.) Stir salt into 250 g of AP flour. Sprinkle flour mixture over the sweet potato and fold to combine. Add more flour as needed until you reach a sticky dough that can be formed into a loose ball.
- 4.) Transfer dough onto a well-floured surface. Portion dough into fist-sized balls and roll each into 1-inch thick ropes. Cut the ropes into about 1/2 inch pieces. For a classic gnocchi shape, slide each gnocchi over the tines of a fork, using your thumb to press down the fork.
- 5.) Bring a large pot of water to a boil. Working in batches, drop each gnocchi into the boiling water. When the gnocchi floats to the top, it is done (2-3 minutes). Remove with a slotted spoon and set on a paper towel.
- 6.) Melt the butter in a large sauce pan over medium heat, add garlic, rosemary. Cook until garlic is slightly soft, be sure the garlic does not burn. Add gnocchi and cook until they are slightly browned, about 5 minutes.
- 7.) Stir the white miso powder into the cream and set aside
- 8.) Remove pan from heat top with parmesan cheese and drizzle with the cream and stir to coat the pasta. Enjoy!

*Nikken's 6107 White Miso Powder enhances the creaminess and mouthfeel of the delicate herbed butter sauce. It also heightens the umami, sharp, aged notes of the grated parmesan to complement the gnocchi and herbed sauce perfectly.*

# White Miso Kakiage *with Dipping Sauce*

Yield: 8 servings

## For White Miso Batter

<u>wt. (g.)</u>	<u>%</u>	<u>Ingredient</u>
185.83	42.51%	Water
112.00	25.63%	Eggs
95.00	21.74%	Flour
<b>23.50</b>	<b>5.38%</b>	<b>6107 White Miso Powder</b>
14.00	3.20%	Cooking Sake
3.59	0.82%	Salt
3.15	0.72%	Baking Powder
437.07	100.00%	

### Directions:

- 1.) Add eggs and cooking sake to water and stir
- 2.) Mix dry ingredient together, add to water and stir  
A lumpy batter is better

*The white miso in this batter serves as a secret ingredient- adding sweet, tangy notes and boosting umami, nuance and complexity.*

## For Kakiage

- 1 onion sliced
- 1 carrot sliced
- 1 sweet potato sliced
- 15 pieces of large shrimp
- 57 g potato starch to dust
- Sesame oil for frying

### Directions:

- 1.) Mix onion, carrots, sweet potato, shrimp together and lightly dust with potato starch
- 2.) Cover bottom of wok with sesame oil and heat oil to 275° F
- 3.) While oil is heating, add batter to Kakiage and mix
- 4.) Add a scoop of the battered Kakiage to the wok and fry until crispy and cooked
- 5.) Continue adding scoops of battered Kakiage to wok and cooking until all is used (maintain oil at 275° F)
- 6.) Placed cooked Kakiage on paper towels to absorb excess oil
- 7.) Dip cooked Kakiage in tempura dipping sauce & Enjoy

# White Miso Kakiage *with Dipping Sauce*

## For Tempura Dipping Sauce

<u>wt. (g.)</u>	<u>%</u>	<u>Ingredient</u>
260.09	87.93%	Water
13.83	4.68%	Rice Vinegar
8.79	2.97%	Sugar
<b>4.54</b>	<b>1.54%</b>	<b>5307 Reduced Salt Soy Sauce Powder</b>
<b>4.32</b>	<b>1.46%</b>	<b>1604 Fish Extract Powder</b>
4.17	1.41%	Salt
<b>0.02</b>	<b>0.01%</b>	<b>1914 Seaweed Powder</b>
295.76	100.00%	

### Directions:

Add all ingredients into the water and stir



*All the ingredients in this sauce come together to create a tangy & savory dip that perfectly complements the White Miso Kakiage.*

## Black Bean & Sweet Potato Chili

Yield: 2 Quarts

<u>wt. (g.)</u>	<u>%</u>	<u>Ingredient</u>
44.00	1.74%	olive oil
850.00	33.55%	sweet potatoes, peeled and cut into 1/2 inch cubes
226.00	8.92%	onion, chopped
17.00	0.67%	chili powder
27.00	1.07%	garlic cloves, minced
2.00	0.08%	ground cumin
0.70	0.03%	cayenne pepper
<b>19.00</b>	<b>0.75%</b>	<b>7036 Black Bean Powder</b>
428.00	16.89%	black beans, rinsed and drained
816.00	32.21%	diced tomatoes, undrained
55.00	2.17%	brewed coffee
45.00	1.78%	honey
3.00	0.12%	salt
0.60	0.02%	pepper
2533.30	100.00%	

### Directions:

- 1.) In a nonstick Dutch oven, heat oil over medium heat. Add sweet potatoes and chopped onion. Cook and stir until crisp-tender, 8-10 minutes. Add chili powder, garlic, cumin, cayenne; cook and stir 1 minute longer. Stir in beans, tomatoes, coffee, honey, salt, and pepper.
- 2.) Bring to a boil. Reduce heat; cover and simmer until sweet potatoes are tender, 30-35 minutes. Serve with desired toppings (shredded cheese, green onion, etc.)

*You will not miss the meat in this vegetarian dish! Nikken's 7036 Black Bean Powder completes this vegetarian chili by adding meaty and savory notes, creating a hearty and satisfying meal without the meat.*



# Miso Sweet Potato Cheesecake

Yield: 12 Servings

## For Crust

<u>wt. (g.)</u>	<u>%</u>	<u>Ingredient</u>
270.00	57.84%	Graham Cracker Crumbs
75.00	16.07%	Sugar
112.50	24.10%	Unsalted Butter, Melted
<b>9.30</b>	<b>1.99%</b>	<b>6107 White Miso Powder</b>
466.80	100.00%	

*Nikken's 6107 White Miso Powder elevates all the taste components in the graham cracker crust- enhancing the butter and sugar creating caramelized candy-like notes.*

## For the Cheesecake Filling

<u>wt. (g.)</u>	<u>%</u>	<u>Ingredient</u>
225.00	21.40%	Cream Cheese, Softened
200.00	19.03%	Sugar
55.00	5.23%	Light Brown Sugar, Packed
270.00	25.68%	Mashed Sweet Potatoes
112.00	10.65%	2-Large Eggs, Slightly Beaten
163.00	15.51%	Evaporated Milk
15.00	1.43%	Cornstarch
0.54	0.05%	Ground Cinnamon
0.18	0.02%	Ground Nutmeg
<b>10.50</b>	<b>1.00%</b>	<b>6109 Red Miso Powder</b>
1051.22	100.00%	

## Directions:

- 1.) Heat oven to 350F
- 2.) Weigh out all ingredients
- 3.) In a medium bowl, mix graham cracker crumbs, sugar, 6107 White Miso Powder and melted butter until combined
- 4.) Press evenly onto bottom and 1 inch up side of a 9-inch spring form pan
- 5.) Chill in the refrigerator, 15-30 minutes
- 6.) Bake until set but not brown, 6-8 minutes
- 7.) Remove from oven and cool

## Directions:

- 1.) Weigh out all ingredients
- 2.) Beat cream cheese with electric mixer until smooth
- 3.) Add sugar and brown sugar, beating until completely smooth
- 4.) Add sweet potatoes and eggs
- 5.) Mix cornstarch and 6109 Red Miso into the evaporated milk
- 6.) Add evaporated milk mixture, cinnamon and nutmeg, beating until well combined
- 7.) Pour cheesecake filling into cooled graham cracker crust
- 8.) Bake at 350F until edge is set, 45-55 minutes

*The 6109 Red Miso Powder in the cheesecake filling adds rich complexity and tangy, nutty notes while balancing the tastes of all the ingredients.*

# Miso Sweet Potato Cheesecake

## For Topping

<u>wt. (g.)</u>	<u>%</u>	<u>Ingredient</u>
454.00	86.41%	Sour Cream, Room Temperature
65.00	12.37%	Sugar
3.80	0.72%	Vanilla Extract
<b>2.61</b>	<b>0.50%</b>	<b>6107 White Miso Powder</b>
525.41	100.00%	

## Directions:

- 1.) Weigh out all ingredients
- 2.) Whisk sour cream, sugar, vanilla and 6107 White Miso Powder to combine
- 3.) Spread over warm cheesecake
- 4.) Return to oven, bake until just set, 5 minutes
- 5.) Cool completely
- 6.) Chill in refrigerator for at least 5 hours, preferable overnight
- 7.) Remove side of pan
- 8.) Serve & Enjoy



*The 6107 White Miso Powder rounds out all the taste components of this sweet & tangy sour cream topping and enhances creaminess while adding rich complexity.*

The background features faint, detailed line drawings of various fruits and leaves, including raspberries, almonds, and citrus fruits, arranged around a central white box. The box has a thin blue border and two thick black horizontal bars on its left and right sides.

# *Feeling Inspired?*

---

***Request Samples*** today and  
include these recipes in your  
***Fall Feast!***

Nikken Foods  
[sales@nikkenfoods.com](mailto:sales@nikkenfoods.com)  
314-881-5858  
[www.nikkenfoods.com](http://www.nikkenfoods.com)