

## Steamed “orange- or purple”- fleshed Sweetpotato Cup-Cake – Recipe from Indonesia



**Left: from light orange-fleshed, middle: from white-fleshed and right: from purple-fleshed sweetpotato**

### **Ingredient I:**

- 50 g wheat flour
- 5 tablespoons water
- 1 tablespoon yeast

### **Ingredient II:**

- 200 g sweetpotato roots (orange flesh or purple flesh)
- 200 g wheat flour
- 100 g sugar
- 1 egg
- 100 cc coconut milk (coconut cream)
- ¼ tablespoon salt

### **Method of Preparation:**

- Peel the skin of roots, steam and then mash; set aside in a bowl
- For ingredient I: Add water and yeast into wheat flour and stir it until smooth. Set aside for 20 minutes
- For ingredient II: Add sugar, egg, salt, wheat flour into mashed steamed roots, stir while adding the coconut milk little-by-little into the bowl
- Pour the bowl with Ingredient I into the bowl with Ingredient II, mix it very well, and leave it to rise for 45 min.
- Boil water in a steam-pot; wait for the water to boil
- Put the baking paper into cups in the holed baking sheet; pour the batter into each cup and steam

- Wrap the lid of the pot with a tea-cloth to prevent steam from condensing and dripping on the cup cakes, and then close the lid very well. Let them steam for 20 min.
- Remove the cup cakes from the baking pan and allow to cool

Translator: Erna Abidin; originally written in Indonesian language as copied below

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## “Bolu Kukus Ubi Jalar”

### Bahan I :

- 50 gram tepung terigu
- 5 sdm air
- 1 sdm ragi instan

### Bahan II :

- 200 gram ubi merah/ ubi jalar
- 200 gram tepung terigu
- 100 gram gula pasir
- 1 butir telur
- 100 cc santan
- 1/4 sdt garam

### Cara Membuat :

- Kukus ubi merah lalu haluskan, sisihkan.
- Campur air bersama ragi instan dan tepung terigu, aduk hingga rata. Diamkan selama 20 menit. ==> **adonan I**
- Aduk ubi yang telah dihaluskan diatas dengan gula pasir, telur, garam, tepung terigu, tambahkan santan sedikit demi sedikit sampai rata ==> **adonan II**
- Masukkan **adonan I** kedalam **adonan II** lalu aduk rata, diamkan sampai mengembang selama 45 menit.
- Jerang air dalam dandang, tunggu sampai air mendidih.
- Masukkan adonan pada cetakan bolu, lalu kukus pada dandang ( panci ).
- Bungkus tutup panci/ dandang dengan serbet agar air uapan tidak turun membasahi adonan, lalu tutup rapat hingga matang ( -/+ 20 mnt ).
- Angkat satu persatu cetakan tersebut, biarkan dingin baru disajikan.

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