**Sweet Potato Croquettes**

**Type:** Main  
**Serves:** 30 tastes  
**Recipe source:** SAKGF  
**Fresh from the garden:** sweet potato, mixed herbs, eggs

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**EQUIPMENT:**
- Colander  
- Fork  
- Measuring spoons  
- Measuring cups  
- Wooden spoons  
- Bowls  
- Knives  
- Chopping boards  
- Peeler  
- Saucepan  
- Frying pan  
- Kitchen paper

**INGREDIENTS:**
- 2 eggs, lightly whisked  
- 3 large sweet potatoes, peeled and chopped into 2cm dice  
- 2 handfuls mixed herbs  
- 1 teaspoon salt  
- ½ plain flour  
- 3 cups breadcrumbs  
- 1 tablespoon water  
- 2 tablespoons butter  
- ½ teaspoon black pepper  
- 2 tablespoons vegetable oil

**For serving:**
- Serving platter  
- Tongs

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**What to do:**

1. Steam the sweet potato until tender, about 15 minutes.  
2. Drain in a colander, then pour the sweet potato back into the pot and mash it with a fork or potato masher.  
3. In a large bowl, combine the mashed sweet potatoes, salt, pepper, butter and mixed herbs. Mix until all ingredients are thoroughly combined.  
4. Chill in the freezer for 20 minutes.  
5. Lightly beat the eggs in a small bowl, and add 1 tablespoon of water to the eggs.  
6. Put the flour and breadcrumbs into separate bowls.  
7. Once the mixture is cold, use a ¼ cup measure to shape the mixture into small croquettes with your clean hands. Make sure you have enough croquettes for every diner to have at least one.  
8. Dip the croquettes into the flour, then into the egg, then back into the breadcrumbs.  
9. Heat the oil in a frypan or large shallow pan.  
10. Carefully shallow-fry the croquettes in the hot oil until they are golden brown and crisp on the outside – it should take a few minutes.  
11. Make sure they are not too crowded in the frying pan, and cook them in batches if necessary.  
12. Remove from oil and drain on several layers of kitchen paper before serving.