

Mirin Sweet Potatoes

<http://userealbutter.com/2012/02/01/mirin-sweet-potatoes-recipe/>
from *Bon Appétit* February 2012

2 large gold or white sweet potatoes (approximately 2 lbs.)
1/2 cup mirin (sweet Japanese rice wine)
2 tbsps honey
1 tbsp white vinegar
1/2 tsp kosher salt
2 tsps corn oil
2 tbsps water
2 tbsps unsalted butter
coarse sea salt for seasoning (I totally forgot to do this)

Set a well-seasoned 8- to 10-inch cast iron skillet in the oven. Heat oven to 450°F. Pierce the sweet potatoes all over with a fork and microwave on high power for 5 minutes. Or you can wrap the sweet potatoes in foil and bake at 450°F for about 30-35 minutes until tender at the edges, but still hard in the middles. Place the sweet potatoes in a large bowl and cover tightly with plastic wrap. Let them steam for 5 minutes. Meanwhile, whisk the mirin, honey, vinegar, and salt together. Peel the sweet potatoes and slice them into 1- to 1.5-inch rounds. Place the rounds in a bowl and toss them with the mirin sauce. Carefully take the skillet out of the oven (please use proper protective mitts) and pour the oil into the pan. Swirl it around to coat the pan and add the potatoes and mirin all at once. Arrange the sweet potatoes in a flat, single layer in the pan. Bake for 15-20 minutes until the bottoms are caramelized, then flip and bake another 5-7 minutes. Remove the sweet potatoes from the pan to a serving platter. Pour the water into the hot pan and stir it around with a spoon or spatula, scraping off the caramelized bits. Stir in the butter until melted and pour the sauce over the sweet potatoes. Season with salt. Serves 4 as a side dish.