



## DION'S MASHED YAM WITH APPLE

- 1 Japanese (or other) Yam
- 1 1/2 Tbsp. Mirin (Japanese cooking wine)
- pinch of Sea Salt
- 1/2 cup Water
- 1/2 Apple sliced thinly then chopped to 1/2 inch pieces

Cut yam in approximately 1 1/2 inch thick slices and soak in water for about 10 minutes. Drain yam and discard water (or better yet, use the water on plants). Place yam in pot, cover with water and bring to a boil. Continue to boil until yam is soft. When soft, drain water and mash yam adding Mirin and salt. Add 1/2 cup water and return to heat stirring constantly. When desired consistency is reached remove from heat and let cool a little. Stir in apple pieces and serve.



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