

A close-up photograph of two ikinaridango dumplings resting on a bright red, rectangular tray. The dumplings are round and have a white, slightly sticky-looking exterior. They are cut open, revealing a soft, yellowish-orange sweet potato filling and a dark red bean paste filling. In the background, another whole ikinaridango is visible on a wooden plate.

Ikinaridango

ORIGIN: KUMAMOTO, JAPAN

ingredients

- Japanese Sweet potato
- Mochiko
- Water
- Red Bean Paste

materials

- Bowl
- Paper Towels (for drying potato)
- Glass
- Wax Paper (cut into squares)
- Steamer

directions

- Combine mochiko with water, using small intervals until the mixture resembles a firm dough.
- Chop the sweet potato into slices about 1/2" thick.
- Rinse and dry the sweet potato slices and place one on top of a glass.
- Apply red bean paste onto the potato.
- Wrap the dango but getting a ball of dough and stretching it into a flat circle that blankets over the potato. Turn the pastry over and wrap the pastry. Repeat.
- Place on wax paper and steam for 15-20 mins or until cooked.

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tips!

- Coat your hands in mochiko or flour to prevent dough from sticking.
- Before wrapping, roll the dough into a ball and then flatten it so it looks like a pancake.
- Make sure the dough drapes all the way around the sides before turning the dango over to close it.
- Make sure that the dango is completely on the paper when you steam it. The paper makes sure the dango doesn't stick.
- Enjoy!