

Airy Wagyu and Satoimo Croquettes



738 kcal
(per serving)



40 min



Hampen are soft fish cakes made with white fish paste and Chinese yams. The yams give the hampen an airy and soft texture.

Makes 2 servings

Ground Wagyu	210 g
Satoimo (or potato)	2 (120 g)
Lotus root	1/2 (75 g)
Hampen (or grated potato)	55 g
Sugar	1 tablespoon
Soy sauce	2 tablespoons
Milk	2 tablespoons
Salt	Pinch
Pepper	Pinch
Vegetable oil	1 teaspoon

Breading Ingredients

Flour	1 and 1/2 tablespoons
Egg	1
Panko	40 g
Oil for frying	

1. Peel the satoimo, dice into pieces, and soak in water.
2. Peel the lotus root and dice finely.
3. Boil satoimo over low to medium heat for about 15 minutes until a fork inserts easily. Drain the satoimo and mash with a potato masher.
4. Boil lotus root and drain in a strainer.
5. Heat oil in a frying pan, add ground Wagyu, and season with salt and pepper. Saute over high heat for about 1 or 2 minutes until browned.
6. Tear hampen into strips by hand. Add the lotus root, meat, and hampen to the mashed satoimo and knead together in a bowl.
7. Add the seasonings (sugar, soy sauce, milk) and mix to combine. Divide the mixture and shape into several balls.
8. Coat each croquette in flour, dip in beaten egg, and coat with panko. Deep fry in 180°C oil for about 3 minutes, until golden brown.