

# Japanese Miso-Glazed Yam with Parmesan Cream Sauce

Time: 1 1/2 hours

Servings: Four servings

Level: Easy

## Ingredients:

- o 4 Japanese yams, washed
- o 2 tablespoons yellow miso paste
- o 2 tablespoons water
- o 1 tablespoon honey
- o olive oil

### *Parmesan Cream Sauce*

- o 1/2 cup whole milk
- o 1 teaspoon arrowroot powder
- o 1 teaspoon water
- o 1/2 cup grated Parmesan cheese
- o 1/4 cup heavy cream
- o pinch of black pepper
- o black sesame seeds (optional)

## Directions:

- 1) Preheat oven to 400°.
- 2) Pierce each **yam** several times with a knife. Brush **olive oil** on each yam and place on a rimmed baking sheet.
- 3) Bake for 50-55 minutes or until you can run a knife easily through **yam**.
- 4) In a small bowl, place the **miso** then add **water** and whisk together until smooth. Add **honey**, whisk and set aside.
- 5) Take the **yams** out of the oven and cut them open. Dip a brush in the miso glaze and brush on each open side of the **yams**.
- 6) Put the **yams** back in the oven for 5 minutes.
- 7) Glaze the **yams** once more and then put in the oven again for 5 minutes.
- 8) Heat a skillet to medium and add the **milk**.
- 9) Make a slurry by combining **arrowroot powder** and **water** in a small bowl until well mixed.
- 10) As the **milk** warms (not to a boil) add the slurry and whisk briskly so that clumps don't form.
- 11) Whisk in **Parmesan cheese** and **heavy cream**.
- 12) Cook for about another 1-2 minutes or until the sauce thickens.
- 13) Season with **salt** and **pepper**.
- 14) Place a **yam** on a plate and drizzle with Parmesan cream sauce. Sprinkle with **black sesame seeds**.