

Boniato Buttons

By

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Ingredients:

3-4 Boniatos
2 t. [Sea salt](#)
3 t. [Arrowroot powder](#)
2 T. [Coconut oil](#)

Peel boniato and cut into 1-inch cubes, while enough salted water to cover the amount of boniato is heating up on the stove.

1. Sea salt should be used and about 1t for 2 medium-sized boniato.
2. Bring to a boil and then turn down to simmer for about 10 minutes. Test with fork for tenderness. They should feel like a white potato your boiling to make mashed potatoes.
3. Drain into a colander and put boniato back into the pan.
4. Mash with a fork or potato masher. DO NOT use a mixer or food processor or you'll have a gummy mess.
5. Using a little arrowroot powder on your fingers, take about a Tablespoon of the boniato mixture and form a ball about the size of a 1 inch meatball.
6. Put a little arrowroot on your fingers again and flatten the ball until it's about ½ thick and the size of a silver dollar. (The purpose of the arrowroot is to slightly coat the boniato so that it holds together as you sauté them later)
7. Put on a [parchment paper](#)-lined 3/4 sheet pan and continue to process until all boniato is used up. Put in freezer until hardened
8. Take 3/4 sheet pan out of freezer and put boniato into an air tight container, when parchment paper between the layers.

TO SERVE:

1. Heat [coconut oil](#) in skillet until oil is hot (but not smoking).
2. Add frozen boniato buttons to oil so that they are not touching another button.
3. Fry on one side until lightly browned and/or you can turn over without breaking button apart NOTE: These brown quickly, so watch them closely. Turn heat down on stovetop if they are browning too quickly or if oil in pan begins to smoke.