



*Treasure Island*

WHEN BEAUTY MEETS FLAVOR

# The Sweet Potato Cook Book





Special regards to Omri Magal  
for your contribution in creating this cook book



**Omri Magal**

 Omrimagal

 Omri magal catering

# Treasure Island™

## Sweet Potatoes

### A versatile vegetable for all tastes

Treasure Island Sweet Potato range offers opportunity to turn balconies, patios, pergolas, window boxes and just about anywhere in the garden into a virtual Treasure Island of colour.

Treasure Island series having delivered months of color can be turned into your Thanksgiving dinner! Sweet potato as we know come to harvest just in time for Thanksgiving.

One more thing! Did you know? Sweet potato leaves make highly nutritious salad greens or smoothie ingredient just like spinach and have been eaten for hundreds of years!

1

Happy spaces!

2

Nutritious fun meals!

3

Healthy summer greens!

### For plant person, farmer and breeder

The added fun, excitement, learning and value of this program is in the hidden wonders that are delivered from collaborative breeding efforts at Louisiana State University.

Unlike other ornamental Ipomoea Treasure Island Ipomoea are truly edible and on par in yield with current commercially produced sweet potatoes.

The imagination of plant person, farmer and breeder hybridized to push open the gates of garden Treasure Island possibilities.

The theme gives opportunities to elaborate on Polynesian food experience and the wonders of the islands in future marketing promotions. Positive lifestyle messages are possible in the future using the Polynesian theme.

# Kaukura

## Sweet

## Potato

### **The treasure that's bursting with flavour**

A true ornamental Ipomoea with purple, heart shaped leaves and orange skin and orange flesh roots extremely flavoursome with enhanced health benefits of beta-carotene rich flesh.

Years of breeding and testing at LSU Ag Center are presented in this variety.

Deep purple, heart leaf shaped, edible foliage.





# Colorful Sweet Potato Focaccia

(Yield: 4-5 servings)

## Dough

- 500 grams focaccia flour
- 10 grams dry yeast
- 25 grams sugar
- 15 grams salt
- 30 ml olive oil
- 250-300 ml lukewarm water

Place all ingredients, except for the water, in an automatic mixer using a dough hook attachment. Gradually add the water while kneading. Knead for about eight minutes. Let dough rise for an hour. When dough has risen, divide into balls, weighing approximately 200 grams each, then let rise again until balls double in size.

## Colorful sweet potato topping

- 50 white sweet potato rounds
- 50 purple sweet potato rounds
- 50 orange sweet potato rounds
- 200 gr ricotta cheese
- Brush with garlic-thyme infused olive oil.

Slice sweet potatoes into thin rounds and blanch each color separately, to al dente consistency (crisp-tender). Refrigerate.

## Making the focaccia

Preheat oven to maximum heat. Stretch dough or roll it out with a rolling pin and set on a baking tray. Spread ricotta over dough and top with sweet potato rounds. Allow to rise. Brush with garlic-thyme olive oil and sprinkle with sea salt. Bake a few minutes until golden.



# Makatea

## Sweet

## Potato

### **Extraordinary sweetness that's good for you**

The very light orange skin and white flesh of the Makatea sweet potato make it ideal for Asian and Caribbean dishes; its edible yellow-green, heart-shaped, chartreuse foliage is an excellent addition to mixed salads.

As a garden plant, it is a vigorous climber, and can add wonderful shade to any garden. The Makatea sweet potato adds delicious sweetness to every dish. You might just forget that it's also good for you.



## Recipe



# Colorful Sweet Potato Galette

(Yield: One galette)

## Crust

- 225 grams flour
- 5 grams salt
- 150 grams cold butter - cut into small cubes
- 75 grams sour cream
- 2 egg yolks

In a food processor, pulse flour, salt, cold butter and sour cream until mixture resembles coarse meal. Add egg yolks and mix for a number of seconds, until dough comes together. Empty dough onto a piece of plastic wrap, and mold dough into a ball. Wrap with plastic wrap and refrigerate.

## Filling

- 250 grams purple sweet potatoes
- 250 grams yellow sweet potatoes
- 250 grams orange sweet potatoes
- 250 grams white sweet potatoes
- 150 grams ricotta cheese
- 50 grams grated parmesan cheese
- Grated lemon peel
- Salt and pepper to taste
- Splash of olive oil
- Mini mozzarella balls for topping

Peel sweet potatoes and cut into medium-sized cubes. Toss with olive oil, salt and pepper and roast in the oven at 180°C, until soft. Remove from oven and allow to completely cool.

## Assembly

Roll dough out on parchment paper, to approximately 5 mm thickness. Spread ricotta over dough, leaving a 3-4 cm border around the edge. Season with parmesan, grated lemon peel, salt and pepper. Arrange sweet potato cubes over seasoned ricotta cheese. Using the parchment paper, fold in the sides of the dough. Brush with egg yolk and refrigerate. Allow the galette rest for an hour, then bake at 180°C, until crust is golden.

# Manihi

# Sweet

# Potato

## Healthy deliciousness

With edible, deep-purple, maple-leaf reminiscent leaves, its orange skin and light orange flesh, the Manihi sweet potato boasts exquisite taste and health benefits.

Like the Kaukura sweet potato, it's ideal in a smoothie or as a juice, for cooking or grated like carrot in a salad. The Manihi sweet potato is the perfect choice for sweet and healthy deliciousness.





## Recipe



# Sweet Potato Leaves & Grilled Peach Salad (makes 4-5 servings)

## Ingredients

- Handful of fresh sweet potato leaves
- 2 ripe peaches
- 1 tablespoon maple syrup or honey
- Olive oil
- Salt and pepper
- Juice from one lime
- 50 grams granola
- Crumbled feta cheese

## Grilled Peaches

Slice peaches and toss with olive oil, maple syrup or honey, salt and pepper. Grill at maximum heat. Chill.

## Assembly

Toss sweet potato leaves with grilled peaches, olive oil, lime juice, salt and pepper. Transfer to a serving bowl and top with granola and feta cheese.

# Tatakoto

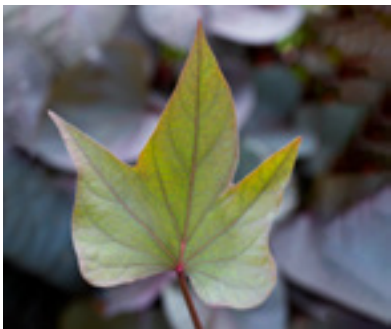
# Sweet

# Potato

## A paradise of beauty and deliciousness

Beautiful, healthy and delicious, this extraordinary sweet potato has green, purple-veined finger-shaped foliage, purple skin and orange flesh.

It is abundant in beta carotene and has anthocyanin-rich skin. The Tatakoto sweet potato combines taste and beauty, making it a real treasure for growers.



## Recipe



# Sweet Potato Latkes

(makes 4-5 servings)

## Ingredients

- 1 kg orange sweet potatoes
- 3/4 cups flour, plus more as needed
- 2 egg yolks
- 2 tablespoons soy sauce
- 4 tablespoons chopped chives
- 1 teaspoon white miso paste (optional)
- ½ teaspoon salt
- Dash of white pepper

## Making the Latkes

Cook sweet potatoes until soft. Strain and transfer to a large bowl. Mash until smooth. Add rest of ingredients and mix well. Lightly cup hands to form patties and transfer to a hot, non-stick pan greased with butter. Fry until brown.

Serve with sour cream horseradish or wasabi.

# Tahiti

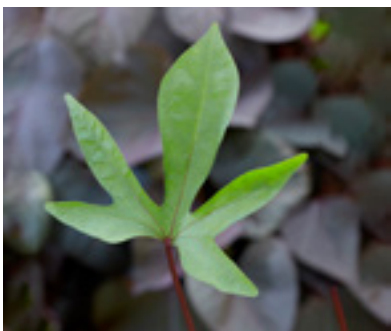
# Sweet

# Potato

## **The delicious, sweet purple jewel**

Named after the largest island in French Polynesia, known for its high mountains and surrounding coral reefs, the Tahiti sweet potato is abundant in health-promoting benefits that are delivered through its edible and narrow, dark-green, finger-shaped foliage and its rich purple skin and flesh.

The Tahiti sweet potato is the delicious purple jewel growers can't get enough of.



## Recipe



# Colorful Sweet Potato Gnocchi with Grilled Bass

(makes 5-6 servings)

## Gnocchi

- 750 grams colorful sweet potatoes (white, purple, yellow), baked in peel
- 30-50 grams flour
- 2 egg yolks
- 5 grams salt

## Orange Gnocchi

- 750 grams orange sweet potatoes, baked in peel
- 60-80 grams flour
- 2 egg yolks
- 5 grams salt

Preheat oven to 200°C and bake unpeeled sweet potatoes (for approximately 500 grams after baking and discarding peel). Bake until soft, and allow to cool. Scoop potato flesh into bowl and mash. Add salt and egg yolks and stir. Gradually add flour until well combined. Transfer mixture to a piping bag, and working in batches, pipe gnocchi directly into boiling salted water (using a knife to cut dough to desired size). Gnocchi is ready when it floats to top after 2-3 minutes. Remove with a slotted spoon.

## Sauce

- 250 grams heavy cream
- 1 tablespoon truffle paste
- Parmesan to taste
- Salt and pepper to taste

In a saucepan, bring cream to a boil. Add truffle paste, salt and pepper. Simmer for a few minutes. Season with parmesan and add gnocchi.

## European Sea Bass

- 5-6 European sea bass fillets

Add fillets, skin side down, to a hot pan with olive oil. Cook until brown. Flip and cook until ready. Serve with gnocchi on the side.





## Growing Recommendations:



Pot size: 10-13 cm liner to be transplanted in garden bed or large (10L up) containers.



Sun exposure: Full sun



Water requirement: Medium



Hardiness zone (USA): Zone 9-11



Flowering time: Rarely flowers



Growing temp.:min 10°C



Planting time: Spring and early summer (frost-free season)



Spacing: 40 cm



Crop time: \*Tubers harvest approximately three months from planting in the soil.



Pinching: No need

Remarks:

**Sweet potato grows best in light yet enriched soils.**

\*Based on common practice in Israel



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