Steamed Taro Cake

**Ingredients:**

1 ½ bowls yam taro, cleaned, peeled and diced into 1-2cm cubes  
1 bowl sorghum wholegrain flour  
2 tablespoons kudzu root powder or arrowroot starch  
2 bowls water  
½ - ¾ bowl fava beans  
½ cup red bell peppers, diced  
5-6 pieces of shiso leaves aka perilla, julienned  
5 shallots, finely chopped  
1 clove garlic, minced  
1 teaspoon fermented organic bean paste  
½ teaspoon white pepper  
1 teaspoon Sesame oil

**Directions:**

Heat a pan over medium-high heat, and stir-fry the shallots until they become aromatic. This should take about 3-5 minutes. Then add in the minced garlic, stir for another 1-2 minutes.
Add diced yam to the pan, and stir-fry with the shallots until caramelized brown, another 3-5 minutes. Add in the fava beans or sweet garden peas and diced bell peppers, stir another 2 minutes.
In a separate bowl, mix the sorghum flour, kudzu or arrowroot starch and water, stir until it forms a smooth paste and there are no lumps in the mixture.
Add the flour mixture into the pan slowly, stir until everything forms a thick paste. Add the fermented bean paste, pepper and julienned shiso leaves, then mix well.
Pour the mixture into a heat proof bowl/plate and steam over high heat for 45 minutes, or until cooked. Serve with chili sauce on top, and garnish with finely chopped chives or spring onions.

**Yi-Wen’s Wholefood Health Tips:**

Shiso also called Japanese basil or perilla, with red or green leaves, is an anti-bacterial, anti-viral medicinal herb plant, the leaves impart a reddish color and natural flavoring when combined with fermented soybean paste with yam or taro provides added protein and health benefits.