

How to Make Stir-Fried Miso Potatoes

This is a local recipe made in different areas of Fukushima Prefecture. There are also areas that call this recipe “Miso Kanpura”. The phrase “kanpura” is another way of saying potatoes in a different dialect. This dialect is not used in the So-So region.

【Ingredients】

460～500g Small Potatoes (じゃがいも・*Jagaimo*)

50g Miso (味噌・*Miso*)

20g Sugar (砂糖・*Sato*)

2 Tablespoons Mirin (みりん・*Mirin*)

2 Tablespoons Oil (油・*Abura*)

【How to Make】

1. Wash the potatoes thoroughly. There is no need to peel them.
2. You can shorten your frying time by boiling your potatoes in advance. Boil the potatoes for about 15 minutes until a skewer can pass through them. The time it takes to boil the potatoes depends on the size of the potatoes you use.
3. While the potatoes are boiling, add the miso, sugar, and mirin into a separate bowl and mix.
4. After the potatoes finish boiling, drain the water out and add a lot of oil to fry the potatoes until brown. You can use a frying pan to complete this step if you'd like.
5. Once the potatoes are browned and have a bit of color, add in the miso mixture.
6. Stir together the potatoes and miso until well combined. Turn off the heat and enjoy!

※It is alright if you only fry the potatoes instead of boiling them first!



When potatoes are harvested, smaller potatoes are called “kuzuimo” or “waste potatoes”. Since these potatoes are too small to sell, but throwing them away would be wasteful, many families use these potatoes to eat at home by frying and mixing them with miso. The crispy skin and sweet and salty miso makes it a delicious recipe unique to farmers. Each family has a different way of making these potatoes, from frying to boiling. Try different methods to find one that works best for you!