

CURRIED SWEET POTATO LATKES

With Apple Pear Sauce

INGREDIENTS

Latkes

- 4 C Sweet potatoes (about one large) (shredded) (peeled) (grated)
- 1/4 C Whole wheat flour **OR** Almond Flour **OR** Quinoa flour
- 1 t Brown sugar
- 1 t Baking powder
- 2 t Curry powder
- 1 t Cumin (ground)
- 3/4 t Salt
- 1/2 t Cayenne pepper
- 1/4 t Black pepper
- 2 Eggs **OR** 1/2 C egg substitute (lightly beaten)
- 1/2 C Milk **OR** hemp milk **OR** coconut milk **OR** rice milk
- Canola oil for cooking

Sauce

- 4 Apples (peeled) (cored) (diced)
- 4 Pears (peeled) (cored) (diced)
- 1 C Water
- 1 t Cinnamon



DIRECTIONS

- 1 Shred the sweet potatoes in a food processor or a box grater
- 2 Pre-prepare the skillet by pouring just enough oil in the bottom to coat it
- 3 Place the pan on medium heat & heat the oil (avoids soggy latkes)
- 4 In a small bowl, combine the flour, brown sugar, baking powder & spices
- 5 Stir in eggs & milk until blended & then add sweet potatoes to toss & coat
- 6 Drop batter by heaping tablespoonfuls onto the heated pan
- 7 Press lightly to flatten
- 8 Cook (3 - 5 minutes) on each side or until golden brown, adding oil as needed
- 9 Drain on paper towels
- 10 For the sauce, place the apples, pears & water in a pot
- 11 Cover and simmer on low heat, stirring often
- 12 Once the apples & pears are soft & saucy (15-20 minutes) remove from heat & stir in cinnamon
- 13 Serve latkes & fruit sauce while hot

NOTES

- 1 Makes about 18 (three-inch in diameter) latkes
- 2 Salsa or homemade fruit chutney are other options for the sauce

