

POTATO LATKES, ETC.

INGREDIENTS

- 8 Potatoes (large) (peeled and shredded)
- 3 Onions (grated)
- 3/4 C Egg substitute **OR** 3 eggs (beaten)
- 1/2 C Flour (to start - you may need to add more) (see below for other flour choices)
- 1 1/2 t Mortons No-Salt **OR** Salt
- 1 1/2 t Garlic powder
- Ground Pepper (to taste)
- 1/2 C Healthy oil **OR** Non-stick cooking spray

MIXING INSTRUCTIONS

- 1 Place the potatoes in a cheesecloth or kitchen towel & twist to reduce the water
- 2 In a large bowl stir the potatoes, onion, eggs, flour, garlic powder & your choice of salt together

PAN FRYING

- 1 Heat a large saute pan with enough oil to coat the pan at a medium-high setting
If the oil 'spits' when you put a drop of water in it then it is ready
- 2 Use a 1/2 cup of mix
- 3 When the bottom is golden brown flip them
- 4 When the other side is golden brown remove & place on a paper towel with another paper towel on top to blot out the excess oil

BAKED LATKES

- 1 Pre-heat oven to 450 F & spray a baking pan with non-stick cooking spray
- 2 Drop 1/4 C of latke mix onto baking pan with at least a full inch inbetween them
- 3 Flatten latkes slightly & spray the tops with non-stick cooking spray
- 4 Bake uncovered for 10 minutes, or until tops are nicely browned & crisp
- 5 Very gently flip latkes
- 6 Bake 8 to 10 minutes longer or until at least golden
- 7 If you like them crisp then you might put them on the top shelf for the last 10 minutes

TIMBALES (Savory cupcakes)

- 1 Use non-stick cooking spray & liberally coat the bottom & sides of each cupcake holder space
- 2 Pour mix into the the individual spaces but do not overfill
- 3 If you would like them crisp spray the top of the mix with non-stick cooking spray before it goes into the oven
- 4 Bake at 400 F for 60 minutes or until done
- 5 If you like them crisp then you might put them on the top shelf for the last 10 minutes
- 6 You can tell if they're done if they feel solid when you push down on the top
- 7 Let them cool completely
- 8 Take a dinner knife (not serrated) & slice around each cupcake to loosen it before removing them from the cupcake holder

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TIPS

Healthy flour substitutes for all purpose flour

- 1 Potato starch
- 2 Coconut flour
- 3 Tapioca flour
- 4 Quinoa flour
- 5 Almond flour
- 6 Whole Wheat pastry flour

If you make your latkes in advance, here's an easy way to re-crisp them

- 1 Pre-heat oven to 450 F
- 2 Spray a non-stick cooking spray on a baking sheet
- 3 Place latkes on the baking sheet 10 minutes before serving
- 4 Place baking sheet with latkes uncovered in the oven on the medium shelf
- 5 Bake 5 minutes & then flip the latkes
- 6 If you like them 'super' crisp then you might put them on the top shelf for the last few minutes
- 7 Remove to platter & serve immediately

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