

VEGETARIAN 'BEEF' LATKES

INGREDIENTS

- 2 lbs** Potatoes
- 1 T** Healthy oil
- 1** Onion (medium) (diced)
- Salt & pepper (to taste)

- 1 lb** Morningstar Meal Starters **OR** a similar crumbles product
- 1 T** Onion (minced)
- 1/2 t** Parsley (fresh) (minced)
- 1/2 t** Cilantro (fresh) (minced)
- Pinch** Pinch nutmeg
- Pinch** Pinch mace (optional)
- Pinch** Pinch saffron (optional)
- 1/4 C** Egg substitute **OR** 1 egg
- Harissa (optional)



DIRECTIONS

- 1 Boil potatoes in a pot of water (45 minutes)
- 2 Drain off the water & allow the potatoes to cool
- 3 Peel & mash the potatoes
- 4 Heat oil in a saute pan & cook diced onion until soft
- 5 Add the onion to potatoes with salt & pepper (to taste) & set aside mix to cool
- 6 In a separate saute pan, brown the meal starters or crumbles & place them in your processor
- 7 Use the same saute pan & brown the minced onion, parsley, cilantro, nutmeg, mace & saffron until no juice remains
- 8 Cool mix & add to the food processor
- 9 While blending the mix, add the egg substitute or egg
- 10 Grab a fist full of mashed potato mix & place a some of the crumble mix the center
- 11 Roll potato mix around meat mix
- 12 Then flatten the potato crumble mix between the palms of your hands
- 13 Fry in oil in nonstick skillet, or deep-fry until brown & crisp
- 14 Serve with harissa (optional)

NOTES

- 1 These can be prepared in advance and warmed in the oven, or served cold.)
- 2 Makes 8 - 12 latkes depending on how small or large you make each latka

