

Studio 5

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“Latkes (Potato Pancakes)”

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Dairy Farmers of Utah

Traditional Latkes are often served at Hanukah, but are delicious any time of the year. Serves 8

Ingredients:

- 6-7 medium raw potatoes (6 cups shredded)
- 1 small onion (1/2 -3/4 cup shredded)
- 1/2 teaspoon baking powder
- 1/3 cup flour
- 1 teaspoon salt, or to taste
- 1/8 teaspoon pepper, or to taste
- 3 eggs, beaten
- Vegetable oil for frying
- 3 cups applesauce (see below)
- 1 cup real sour cream (non or low-fat)

Method:

Peel and shred potatoes. To reduce browning, place in a colander or strainer and rinse with cold water. Allow potatoes to drain well; squeeze out excess liquid. Shred or finely grate onion.

Stir together baking powder, flour, salt and pepper. Sprinkle over grated potatoes and onions and mix well. Add beaten eggs and mix well.

Over low to medium heat, heat griddle or frying pan. Add 1-2 tablespoons oil to pan. Measure a generous 1/4 cup potato mixture, place on hot griddle; flatten into approximately 3-4 inch pancake with back of cup or spoon. Fry until golden brown on outside. Turn potato pancake only once, brown opposite side. Reduce heat as needed to create brown exterior while allowing potatoes inside to cook completely. Continue to add oil to pan as remaining pancakes are fried. Serve hot with sour cream, applesauce or gravy.

Chunky Applesauce: Peel, core and quarter 4 large tart apples. Place apples in medium sauce pan; add 1/2 cup water, 1/2 cup sugar (or to taste), 1/2 teaspoon cinnamon and 1/8 teaspoon nutmeg. Cook over medium heat until apples are tender, stir occasionally to break up apples. Serve warm or cold.

Notes:

Frying contributes to fat grams in this recipe. To reduce recipe to approximately 6 grams fat, spray non-stick pan with non-stick spray. Traditionally Latkes are fried crisp in oil. Eliminating oil will change texture and symbolism behind Latkes.

For nutrition analysis go to www.dairycouncilutnv.org

Nutrition Facts	
Serving Size 2 Latkes	
Servings Per Container 8	
Amount Per Serving	
Calories 330	Calories from Fat 130
% Daily Value*	
Total Fat 15g	23%
Saturated Fat 3.5g	18%
Cholesterol 90mg	30%
Sodium 370mg	15%
Total Carbohydrate 46g	15%
Dietary Fiber 3g	14%
Sugars 20g	
Protein 6g	
Vitamin A 6%	• Vitamin C 15%
Calcium 8%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	