

Potato Pancakes for a Comforting Lunch Treat

This morning I realized I had too many potatoes so I decided to treat my family to warm, comforting, delicious and filling potato pancakes for lunch. I found a simple recipe on allrecipes.com which listed ingredients I already had (a big plus these days). I used a small onion, but you can increase that if you like. Another option is to use slice scallions (my preferred ingredient, but sadly I'm all out of scallions).

Ingredients:

4 large potatoes, peeled
1 onion, skins removed
1 egg, beaten
1 teaspoon salt
Ground pepper to taste
2 - 4 tablespoons flour (I used an all purpose gluten free flour)
2 cups frying oil (I wound up using 1 1/2 cups)
Serve with applesauce, or slice sautéed sweet apples, and sour cream

1. Place a colander over a large bowl and grate the potatoes and onion over the colander so the excess water from the vegetables can drain.
2. When all the vegetables are grated, use your hands to squeeze the excess moisture from the vegetables. This is important because excess moisture will cause the oil to splatter and make your pancakes fall apart while frying. Discard the water at the bottom of the bowl and place the vegetables in the bowl.
3. Stir in and combine the egg, salt, pepper and 2 - 4 tablespoons of flour until you've got a mixture that's not too runny. I used 3 tablespoons of the GF flour.
4. Set your oven to 200 degrees and line an ovenproof platter with paper towels.
5. Add frying oil to a heavy bottomed frying pan to a depth of 1/4 inch and heat the oil until a small bit of grated potato sizzles when added.
6. Fry 1/4 cup mounds of the potatoes, two to three at a time, over medium-high heat (I used a measuring cup to scoop out the mixture and slide in into the hot oil - use caution). Use the back of a fork or a spatula to flatten the tops of the pancakes so they are about 1/2 inch thick. Fry, turning once, until golden brown, about 2 1/2 to 3 minutes per side. Drain the pancakes on your prepared platter, keeping the platter in the oven, so the pancakes stay warm until all the mixture has been used up.

Applesauce and sour cream are traditional toppings for potato pancakes. I served these with peeled and sliced apples which I had sautéed in a little butter and seasoned with a sprinkling of cinnamon (we're not sure who ate the applesauce). Thankfully we also had sour cream.

The pancakes were crunchy on the outside, creamy on the inside. The recipe yielded 12 pancakes, more than enough for a family of four at lunchtime.

Leftover sautéed apples. The only thing left on the table!





