



EVERY DAY INSPIRED BY THE PAST

gluten free crispy yukon gold latkes

Servings
24 servings

Prep Time
10 minutes

Cook Time
15 minutes

Kosher Key
Parve

Description

Learn to make perfect mini bite-sized potato latkes cooked extra crisp using six simple ingredients. Gluten free, grain free, dairy free, kosher, parve.

Ingredients

- 2 lbs Yukon gold potatoes, peeled
- 2 medium onions
- 3 large eggs, beaten
- 1 tbsp potato starch (optional)
- 3/4 tsp salt
- 1/2 tsp ground pepper (white or black)
- Avocado oil, peanut oil or grapeseed oil for frying

Recipe Notes

You will also need: hand grater or food processor shredding disc attachment with fine holes, clean tea towel or layers of cheesecloth, skillet or electric skillet for frying, metal spatula, wire cooling rack

Nutrition Facts: calculated per latke with an estimated oil absorption of 1/4 tsp per latke. Recipe makes roughly 24 latkes.

Instructions

1. Before you begin making the latkes, place a wire cooling rack close to the area where you will be frying the latkes. Place a layer of paper towels below the cooling rack to catch excess oil.

2. Peel the potatoes, then grate them using a hand grater or food processor shredding attachment with fine holes (small shreds).
3. Place grated potato into a bowl and immediately cover with cold water. Let shreds soak for a few minutes to remove excess starch.
4. Meanwhile, grate the onion using the same grater or attachment you used for the potatoes (fine holes for small shreds).
5. Drain the potato shreds in a colander. Rinse and dry the bowl used to soak the shreds and set aside.
6. Place drained potato shreds and grated onion in the center of a clean tea towel or multiple layers of cheesecloth.
7. Wrap the shreds up in the cloth, twisting loose material to secure the bundle, and squeeze firmly to remove excess liquid from the shreds.
8. Pour potato and onion into the clean, dry bowl. Stir the shreds with a fork to make sure the grated onion is evenly mixed throughout the potato shreds.
9. Pour oil into skillet to a depth of 1/8 inch. Heat slowly over medium to about 365 degrees F.
10. While oil is heating, use the fork to stir the beaten egg, dry potato starch, salt, and pepper into the potato shreds. Take care to make sure the egg and seasonings are fully mixed throughout the potato shreds.
11. Scoop up a rounded tablespoon of potato batter and squeeze it firmly in your palm over an empty dish to remove excess liquid.
12. Shape the batter into a rough disk.
13. Place it gently into the hot oil. Use a metal spatula to gently press down on the latke to flatten it.
14. The oil should sizzle but not pop when the batter hits it; if the oil jumps wildly or smokes, it is too hot. If it only bubbles weakly, the oil is not hot enough.
15. Continue shaping the latkes in this way, using only a rounded tablespoon of potato batter for each latke. Fry in batches of 5 or 6 latkes at a time for 2-3 minutes per side until brown and crispy.
16. Note: If your latkes aren't holding together, stir some potato starch into the mixture, 2 teaspoons at a time, until the batter "holds."
17. Remove the latkes from the pan using a metal spatula and place them on wire cooling

rack to drain.

18. I recommend serving latkes fresh within 10 minutes of frying them, if your cooking schedule permits. If you need to make them ahead, fry them 2 hours or less before serving. After letting the latkes drain on the wire cooling rack, place them on an ungreased, unlined cookie sheet. Leave them at room temperature until ready to reheat. Place in a 375 degree oven for about 10 minutes (7 if using a convection oven) until heated through, just prior to serving. You can also freeze the latkes for future use; they reheat nice and crispy.

19. Serve latkes with applesauce and/or sour cream, if desired.

Nutrition Facts	
Gluten Free Crispy Yukon Gold Latkes	
Amount Per Serving	
Calories 46	Calories from Fat 9
% Daily Value*	
Total Fat 1g	2%
Cholesterol 23mg	8%
Sodium 85mg	4%
Potassium 181mg	5%
Total Carbohydrates 5g	2%
Dietary Fiber 1g	4%
Protein 1g	2%
Vitamin A	0.7%
Vitamin C	6%
Calcium	1.7%
Iron	7.5%
* Percent Daily Values are based on a 2000 calorie diet.	