



Sparkle Kitchen

Latkes

(makes about 6 large latkes)

Ingredients

2 large russet potatoes

½ large onion

1 egg

1 tablespoon flour

1 teaspoon garlic powder

1 teaspoon salt

1 teaspoon pepper

Coconut oil and olive oil for frying

Directions

Using a food processor with a grater attachment or a cheese grater, shred the potatoes. Similarly, shred half a large onion. Pour this entire mixture onto a clean, white bar towel and wring out most of the moisture.

Put the potatoes and onion in a medium bowl. Beat the egg and pour it over the potato/onion mixture. Incorporate well; then add the flour, garlic powder, salt, and pepper. Again, mix well.

Fill a large skillet 1/8 inch full of oil—we use half coconut oil and half olive oil—and heat until it almost reaches the smoke point.

Working in batches to avoid crowding your pan, drop in a heaping tablespoon of the potato mixture and carefully pat it down to flatten it. Fry until the first side is golden brown, then do the same to the second side. Remove from the oil and place on a baking sheet in a warm oven until all of the latkes are cooked.

Serve with a dollop of sour cream, some apple sauce, a fried egg and a dusting of herbs, or any combination of the above.

Enjoy!