

Shopping List

Produce

Starchy potatoes (such as Russet or Yukon)

Onion

Bulk

Flour

Eggs

Baking powder

Sea salt

Black pepper

Canola oil



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German Potato Pancakes (Kartoffelpuffer)



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INGREDIENTS

- 2 eggs
- 1/4 c flour (gluten-free blend or unbleached wheat)
- 1/4 t baking powder
- 1 t sea salt
- 1/4 t ground black pepper
- 6 medium potatoes, peeled
- 1/2 c finely chopped (or grated) onion
- 1/4 c canola oil (or olive, sunflower, etc.)

INSTRUCTIONS

1. In a large bowl, beat together eggs, flour, baking powder, salt, and pepper.
2. Finely shred one potato. Press potato in between paper towels, cheesecloth, or a clean dish towel to remove as much moisture as possible. Mix into egg mixture. Repeat with remaining potatoes.
3. Heat the oil in a large skillet over medium-low heat.
4. In batches, drop heaping tablespoonfuls of the potato mixture into the skillet and press to flatten with a wooden spoon (try to make them as flat as you can).
5. Cook 3-4 minutes on each side, until browned and crisp. Add more oil as needed between batches.
6. Drain on paper towels.
7. Serve warm (you can keep them warm in a low oven).

You can shred the potatoes into cold water, drain, and then squeeze out the excess water (see step 2) if you want to avoid the oxidation that occurs when you shred potatoes. Note—The oxidation does not effect the taste.

There are many variations you can try:

- Use 1/4 c shallot or garlic instead of onion
- Add a 1/4 t nutmeg
- Can be served savory with sour cream, cottage cheese, or yogurt.
- Can be served sweet with applesauce, cinnamon and sugar (which is traditional at winter street fairs in Germany) or berry jam.
- You can replace the flour with instant grits
- You can also fry them in butter, or a mixture of butter and oil.
- Shred an apple into the mixture (squeeze out excess water as you would with the potatoes).



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