

Two-Potato Pancakes

*Elizabeth Karmel
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Yield: 18 small pancakes

*2 pounds baking potatoes (such as russet or Yukon Gold), peeled
1 medium (1/2 pound) sweet potato, peeled
1 small yellow onion OR 1 large shallot
2 large eggs
2 tablespoons all-purpose flour
Kosher OR sea salt
peanut oil (for frying)
sour cream OR creme fraiche (to serve)
applesauce (to serve)*

Preparation Time: 30 minutes

Fill a medium bowl with ice water.

Using the medium holes on a box grater, grate the baking potatoes and sweet potato. Add the grated potatoes to the ice water and set aside.

Use the fine holes on the grater to grate the onion or shallot.

Drain the potatoes very well, squeezing out as much water as possible. In a large bowl, combine the potatoes with the onion. Squeeze again to remove as much moisture as possible. To do this, grab the mixture a handful at a time and squeeze over the sink, then transfer to a dry bowl. When all of the mixture has been squeezed, add the eggs, flour and a bit of salt (start with 1/2 teaspoon), then mix well. Set aside.

In a large, deep saute' pan over medium-high, heat about 1/4-inch of peanut oil to 360 degrees. To test the oil, drop a pinch of flour into the mixture. If the oil is ready, the flour should sizzle and brown almost immediately.

While the oil heats, set a wire rack over a rimmed baking sheet. Preheat the oven to 350 degrees.

Working in batches and using about two to three tablespoons of the potato mixture per pancake, drop the batter into the oil. Do not crowd the pan. Flatten each with a spatula and fry for 4 minutes per side, or until golden and crisp. As you fry the batches, you may need to add oil to the pan. Be sure to let it return to temperature between batches and additions of oil.

As the pancakes finish, transfer them to the wire rack. Once all of the pancakes are fried, place them (rack and baking sheet) in the oven and heat for 5 to 10 minutes, or until warmed through. The pancakes also can be prepped in advance up to the oven stage, then reheated just before serving.

To serve, sprinkle lightly with salt and accompany with sour cream and applesauce.

Per Serving (excluding unknown items): 341 Calories; 10g Fat (28.0% calories from fat); 16g Protein; 44g Carbohydrate; 4g Dietary Fiber; 424mg Cholesterol; 157mg Sodium. Exchanges: 3 Grain(Starch); 1 1/2 Lean Meat; 1 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	341	Vitamin B6 (mg):	.5mg
% Calories from Fat:	28.0%	Vitamin B12 (mcg):	1.3mcg
% Calories from Carbohydrates:	52.6%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	19.4%	Riboflavin B2 (mg):	.7mg
Total Fat (g):	10g	Folacin (mcg):	90mcg
Saturated Fat (g):	3g	Niacin (mg):	2mg
Monounsaturated Fat (g):	4g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	424mg	% Refuse:	0.0%
Carbohydrate (g):	44g		
Dietary Fiber (g):	4g		
Protein (g):	16g		
Sodium (mg):	157mg		
Potassium (mg):	416mg		
Calcium (mg):	83mg		
Iron (mg):	3mg		
Zinc (mg):	2mg		
Vitamin C (mg):	30mg		
Vitamin A (i.u.):	26570IU		
Vitamin A (r.e.):	2748RE		

Food Exchanges

Grain (Starch):	3
Lean Meat:	1 1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	1
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories	341	Calories from Fat: 96
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% Daily Values*		
Total Fat	10g	16%
Saturated Fat	3g	16%
Cholesterol	424mg	141%
Sodium	157mg	7%
Total Carbohydrates	44g	15%
Dietary Fiber	4g	17%

Protein 16g

Vitamin A	531%
Vitamin C	49%
Calcium	8%
Iron	18%

** Percent Daily Values are based on a 2000 calorie diet.*