



Potato Latkes

Directions

Ingredients

- 3 russet baking potatoes, washed but not peeled
- 1 ½ tsp high mineral salt (like Himalayan pink salt)
- 2 Tbsp whey or lemon juice
- ¼ of a large yellow onion
- 2 pastured eggs

- Dash black pepper
- 1 Tbsp sprouted spelt flour (if grain free then you can sub coconut flour)
- 4-8 Tbsp beef tallow or ghee for frying the pancakes

Directions

Grate potatoes in a food processor using the grater attachment (not the regular blade –if you use that then you will get soup!). I have learned that I am able to better digest the potatoes when they are soaked overnight but if you are in a time pinch you can skip that step. Cover the grated potatoes with water and stir in the salt and whey or lemon juice. Cover and leave at room temperature about 7 hours.

Grate the onion in a food processor. Mix the onion with the eggs and flour and season with a little salt and pepper to taste. Rinse the potatoes and squeeze very dry with a towel. I like to spread them out on a cookie sheet for an hour or so after this to really dry them out. Stir the potatoes into the egg mixture.

Heat up a pan until it is hot and then add about 2 Tbsp of the tallow or ghee to the pan (heating the pan up first will prevent your oil from scorching). Use a spoon to measure out batter for the latkes. Fry on both sides until golden brown. Add more fat with each round of latkes until you have used up all the batter. Drain on a paper bag and keep warm in a warm oven.