



Best Latkes

 Vegetarian

READY IN



90 min.

SERVINGS



12

CALORIES



289 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 cups apple sauce
- ☐ 6 tablespoons bread crumbs dried
- ☐ 12 servings crème fraîche good chopped
- ☐ 4 large eggs
- ☐ 3 tablespoons flour
- ☐ 1 tsp kosher salt
- ☐ 3 cups olive oil for frying
- ☐ 1 medium onion

- ☐ 0.3 teaspoon pepper
- ☐ 3 pounds russet potatoes

Equipment

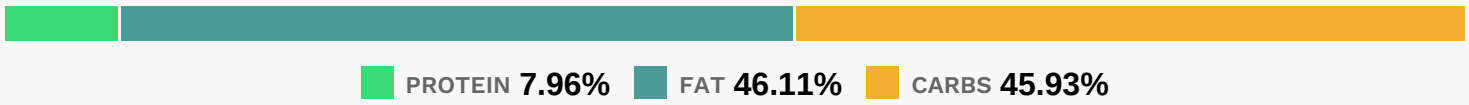
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ kitchen towels
- ☐ spatula
- ☐ colander
- ☐ box grater

Directions

- ☐ Peel potatoes, rinse, and coarsely shred on a box grater, transferring to a bowl of water as you go. Shred onion into a fine-mesh colander, discarding any uneven chunks.
- ☐ Pour potato mixture on top and drain. Rinse and dry bowl.
- ☐ Squeeze handfuls of potatoes and onion to remove liquid, then pile on kitchen towels. Wrap and wring well.
- ☐ Whisk eggs, flour, bread crumbs, 1 tsp. salt, and the pepper in dry bowl.
- ☐ Add potato mixture and toss with hands until evenly coated.
- ☐ Preheat oven to 20
- ☐ Filling a 1/4-cup measure three-quarters full, scoop potato mixture onto baking sheets.

- ☐ Pour 3/4 in. oil into a large frying pan with sides at least 2 in. high. Insert a deep-fry thermometer and heat oil over medium-high heat to 35
- ☐ Put a portion of potatoes on a wide metal spatula, press into a 3-in. cake, and push into hot oil with another metal spatula. Shape 3 more latkes, sliding into oil; cook, turning once, until browned at edges but still soft in center, 2 minutes. Adjust heat to keep oil between 300 and 35
- ☐ Transfer latkes to paper towels, then to a wire rack over a rimmed baking pan.
- ☐ Sprinkle with salt and keep warm in oven. Repeat to make remaining latkes; use a second pan when the first is full.
- ☐ Serve with applesauce, crme frache, chives, and roe.
- ☐ Make ahead: Hold latkes at room temperature up to 3 hours. Rewarm on rimmed pans in a 300 oven 10 to 15 minutes.
- ☐ The Frying Guide
- ☐ USE THE RIGHT OIL: For shallow-frying latkes, Jenn Louis likes the flavor and good-for-you factor of olive oil. For deep-frying sufganiyot, she uses neutral-flavored rice bran oil or vegetable oil.
- ☐ USE ENOUGH OIL: To cook food evenly, you need about 3/4 in. oil for shallow-frying and 1 in. for deep-frying.
- ☐ WATCH THE TEMPERATURE: Between 300 and 350 for latkes and 275 and 350 for doughnuts gives you a crisp crust and tender interior. Too low, and food will suck up oil like a sponge. Too high, and it'll burn.
- ☐ GET A GOOD THERMOMETER: Taylor's classic candy/deep-fry analog thermometer (\$11; amazon.com) has a sturdy clip.

Nutrition Facts



Properties

Glycemic Index:18.23, Glycemic Load:17.35, Inflammation Score:-4, Nutrition Score:9.2434782256251%

Flavonoids

Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg Epicatechin: 3.3mg, Epicatechin: 3.3mg, Epicatechin: 3.3mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin:

0.05mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg

Nutrients (% of daily need)

Calories: 288.62kcal (14.43%), Fat: 15.16g (23.32%), Saturated Fat: 3.33g (20.79%), Carbohydrates: 33.97g (11.32%), Net Carbohydrates: 31.39g (11.41%), Sugar: 7.61g (8.45%), Cholesterol: 69.08mg (23.03%), Sodium: 265.3mg (11.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.89g (11.78%), Vitamin B6: 0.46mg (22.95%), Potassium: 581.9mg (16.63%), Manganese: 0.28mg (13.78%), Vitamin E: 1.89mg (12.61%), Vitamin B1: 0.19mg (12.35%), Phosphorus: 120.54mg (12.05%), Selenium: 8.14µg (11.63%), Vitamin B2: 0.18mg (10.82%), Fiber: 2.59g (10.35%), Iron: 1.83mg (10.16%), Vitamin C: 7.86mg (9.53%), Folate: 36.79µg (9.2%), Vitamin K: 9.52µg (9.07%), Magnesium: 34.67mg (8.67%), Vitamin B3: 1.7mg (8.51%), Copper: 0.17mg (8.36%), Vitamin B5: 0.71mg (7.1%), Calcium: 50.59mg (5.06%), Zinc: 0.7mg (4.69%), Vitamin A: 184IU (3.68%), Vitamin B12: 0.19µg (3.18%), Vitamin D: 0.33µg (2.22%)