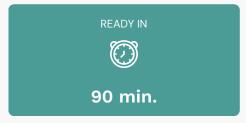


Best Latkes

Vegetarian







SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

1 medium onion

3 cups apple sauce
6 tablespoons breadcrumbs dried
12 servings crème fraîche good chopped
4 large eggs
3 tablespoons flour
1 tsp kosher salt
3 cups olive oil for frying

	0.3 teaspoon pepper
	3 pounds baking potatoes
Eq	uipment
	bowl
	frying pan
	baking sheet
	paper towels
	oven
	whisk
	wire rack
	baking pan
	kitchen thermometer
	kitchen towels
	spatula
	colander
	box grater
Dii	rections
	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
7 000/
PROTEIN 7.96% FAT 46.11% CARBS 45.93%

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, Epicatechin: 3.3mg, Epicatechin: 3.05mg, Apigenin: 0.05mg, Ap

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, 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 %: O% (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%)