



Crispy Potato Pancake with Applesauce and Goat Cheese

 Vegetarian  Gluten Free

READY IN



75 min.

SERVINGS



6

CALORIES



595 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup apple cider fresh
- 1.5 cups apple sauce
- 5 tablespoons freshly chives chopped
- 2 tablespoons cider vinegar
- 10 tablespoons ghee melted
- 6 ounces goat cheese cut into 12 thin slices
- 0.5 cup heavy cream

- 4 large potatoes peeled grated
- 2 shallots diced peeled finely
- 1 tablespoon whole-grain mustard

Equipment

- frying pan
- paper towels
- sauce pan
- oven
- mixing bowl

Directions

- Preheat a heavy skillet over medium heat. In a mixing bowl, toss the potatoes with half of the melted butter. Divide potato mixture into 18 equal portions, making a small mound with each.
- Add the remaining melted butter to the skillet and heat. Carefully drop the mounds into the heated butter, and fry for about 5 minutes on each side, or until crispy. (Keep in mind that slow cooking is better than fast; hot rapid cooking may burn the potato cakes rather than crisp them).
- Remove potato cakes onto paper towels to drain.
- Preheat the oven to 350 degrees F.
- To make the sauce, heat cider vinegar and shallots in a saucepan over medium heat. Reduce the vinegar by $\frac{2}{3}$; the finished reduction should be as thick as syrup.
- Add the apple cider and reduce by half.
- Add the cream, turn the heat down to low, and simmer for 15 minutes.
- While cream is simmering, assemble potato cakes as follows: In an ovenproof dish, make 6 stacks, each 3 cakes-high, by starting each stack with a potato cake, topping it with a slice of goat cheese, placing a dollop of applesauce on the cheese, and continuing to layer the cakes, cheese, and applesauce until all the stacks are completed. Then place the dish in the oven for about 8 minutes to reheat.
- Just before serving, stir the mustard and 3 tablespoons chives into the sauce, and spoon a little onto each serving plate.

Place a potato cake stack on top of the sauce, and finish each stack with another dollop of applesauce.

Garnish with remaining chives.

Nutrition Facts

PROTEIN 7.47% **FAT 56.82%** **CARBS 35.71%**

Properties

Glycemic Index:45.25, Glycemic Load:32.74, Inflammation Score:-7, Nutrition Score:17.152608399806%

Flavonoids

Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg Epicatechin: 4.23mg, Epicatechin: 4.23mg, Epicatechin: 4.23mg, Epicatechin: 4.23mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 2.22mg, Kaempferol: 2.22mg, Kaempferol: 2.22mg, Kaempferol: 2.22mg Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg

Nutrients (% of daily need)

Calories: 594.69kcal (29.73%), Fat: 38.42g (59.12%), Saturated Fat: 24.25g (151.58%), Carbohydrates: 54.34g (18.11%), Net Carbohydrates: 47.78g (17.38%), Sugar: 11.13g (12.36%), Cholesterol: 99.45mg (33.15%), Sodium: 155.77mg (6.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.37g (22.74%), Vitamin C: 51.5mg (62.42%), Vitamin B6: 0.86mg (42.87%), Potassium: 1169.51mg (33.41%), Fiber: 6.56g (26.24%), Copper: 0.51mg (25.39%), Manganese: 0.49mg (24.56%), Phosphorus: 238.27mg (23.83%), Magnesium: 69.57mg (17.39%), Vitamin B1: 0.25mg (16.82%), Iron: 2.83mg (15.73%), Vitamin B2: 0.25mg (14.8%), Vitamin A: 718.14IU (14.36%), Vitamin B3: 2.84mg (14.2%), Folate: 51.02µg (12.75%), Vitamin K: 11.55µg (11%), Vitamin B5: 1.05mg (10.46%), Calcium: 93.62mg (9.36%), Zinc: 1.11mg (7.4%), Selenium: 3.31µg (4.72%), Vitamin D: 0.43µg (2.87%), Vitamin E: 0.38mg (2.5%), Vitamin B12: 0.09µg (1.43%)