




Latkes (Stovetop & Oven Method)


 Vegetarian  Dairy Free

READY IN




60 min.

SERVINGS



18

CALORIES



61 kcal

SIDE DISH ANTIPASTI STARTER SNACK

Ingredients

- 2 pounds baking potatoes (2 to 3 potatoes)
- 1 medium onion yellow peeled (the size of a baseball)
- 2 large eggs
- 1.5 teaspoons salt
- 2 teaspoons double-acting baking powder
- 0.3 cup flour all-purpose
- 1 serving vegetable oil for frying
- 1 serving apple sauce sour for serving

Equipment

- food processor
- bowl
- frying pan
- baking sheet
- paper towels
- oven
- sieve
- aluminum foil
- stove
- spatula
- tongs
- box grater
- oven mitt

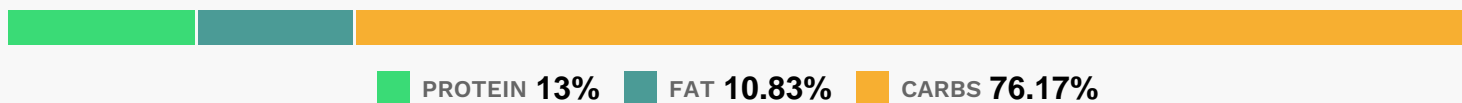
Directions

- If using the oven method, preheat the oven to 425°F and set two oven racks in the centermost positions.
- Make the Batter: Peel the potatoes, then coarsely grate them with the onion together using a food processor fitted with the steel blade or by hand, using a box grater.
- Place the potato and onion mixture in a fine sieve over the sink or a large bowl and press down firmly with a wad of paper towels or a clean dishcloth to wring out excess moisture. Stir and repeat a few times with fresh paper towels until the liquid is mostly drained. Beat the eggs in a large bowl.
- Add the potato and onion mixture, salt, baking powder, and flour.
- Mix until evenly combined.
- Stovetop Method: In a large cast iron or nonstick skillet over medium–high heat, heat about $\frac{1}{4}$ cup of oil. Once the oil is hot and shimmering, drop mounds of batter (about 3 tablespoons) into the hot pan (the batter should sizzle when you drop it in). Flatten the mounds slightly with a spatula. Reduce the heat to medium and cook until the bottom of the

latkes are golden brown and crispy, about 5 minutes. Flip and cook until the second side is golden, another 4 to 5 minutes, adjusting the heat as necessary.

- Transfer the latkes to a baking sheet lined with paper towels to drain. Repeat with the remaining batter, adding more oil as necessary.
- Oven Method: Fill two heavy nonstick rimmed baking sheets with $\frac{1}{2}$ cup oil each (see note).
- Place the pans in the oven for 10 minutes to heat the oil. Wearing oven mitts, very carefully remove the pans from the oven. Drop mounds of batter (about 3 tablespoons) onto the baking sheets, spacing the latkes about $1\frac{1}{2}$ inches apart. Using the back of a spoon, press down on the latkes to flatten just slightly.
- Bake for 15 to 20 minutes, or until the bottoms are crisp and golden. Carefully remove the pans from oven and flip the latkes (tongs are the best tool as a spatula may cause oil to splatter).
- Place the pans back in the oven and cook until the latkes are crisp and golden brown all over, about 10 minutes more.
- Remove the pans from the oven and transfer the latkes to a baking sheet lined with paper towels.
- Serve the latkes warm with sour cream and applesauce.
- Note: If using the oven method, you'll need two heavy nonstick rimmed baking sheets. Be sure they are truly nonstick and in good shape, otherwise the latkes will stick.
- Note: Nutritional information was calculated assuming that approximately 2 tablespoons of the oil is absorbed into the latkes when frying.
- Make-Ahead/Freezer Friendly Instructions: Latkes are best served fresh from the skillet or oven, but they reheat well.
- Place them on a foil-lined baking sheet in a 375°F-oven for about 10 minutes, or until hot. They can also be frozen for up to three months; reheat directly from the freezer; allow a few extra minutes in the oven.

Nutrition Facts



Properties

Glycemic Index:15.49, Glycemic Load:8.36, Inflammation Score:-1, Nutrition Score:3.2339130329049%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

Nutrients (% of daily need)

Calories: 60.98kcal (3.05%), Fat: 0.75g (1.16%), Saturated Fat: 0.22g (1.35%), Carbohydrates: 11.93g (3.98%), Net Carbohydrates: 11.05g (4.02%), Sugar: 1.23g (1.37%), Cholesterol: 20.67mg (6.89%), Sodium: 251.72mg (10.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.04g (4.07%), Vitamin B6: 0.19mg (9.66%), Potassium: 233.76mg (6.68%), Phosphorus: 52.44mg (5.24%), Manganese: 0.1mg (5.13%), Vitamin B1: 0.06mg (4.12%), Vitamin C: 3.39mg (4.11%), Iron: 0.69mg (3.83%), Calcium: 37.84mg (3.78%), Selenium: 2.55µg (3.64%), Folate: 14.21µg (3.55%), Fiber: 0.88g (3.53%), Magnesium: 13.58mg (3.39%), Vitamin B3: 0.64mg (3.21%), Vitamin B2: 0.05mg (3.19%), Copper: 0.06mg (3.14%), Vitamin B5: 0.25mg (2.55%), Zinc: 0.24mg (1.62%), Vitamin K: 1.27µg (1.21%)