



Potato-Kasha Knishes

 Vegetarian  Vegan  Dairy Free

READY IN



150 min.

SERVINGS



6

CALORIES



397 kcal

SIDE DISH

Ingredients

- 2 teaspoons apple cider vinegar
- 1 cup coarse kasha dried whole (roasted buckwheat groats; available in the bulk aisle or near the beans)
- 1.5 cups flour for dusting all-purpose plus more
- 1 clove garlic smashed
- 6 servings kosher salt
- 3 tablespoons olive oil extra-virgin plus more for brushing
- 4 tablespoons olive oil extra-virgin
- 1.5 pounds onions diced spanish

- 6 servings pepper freshly ground
- 1.5 pounds russet potatoes peeled quartered
- 0.3 cup seltzer cold
- 6 servings spicy mustard for serving

Equipment

- food processor
- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- plastic wrap
- measuring cup

Directions

- Start with our step-by-step knish how-to.
- Put the flour in a food processor, then pulse as you pour the olive oil through the feed tube. Scrape down the sides of the processor and pulse again.
- Dissolve 1 teaspoon salt in the seltzer and vinegar in a liquid measuring cup. Pulse as you pour the liquid through the feed tube, 20 to 30 seconds. Turn the dough out onto a floured surface and knead until smooth. Flatten into an even disk, wrap in plastic wrap and refrigerate at least 2 hours.
- Put the potatoes in a saucepan, cover with water and season with salt. Simmer until tender, 20 to 30 minutes.
- Drain and coarsely mash in a large bowl.
- Heat 2 tablespoons olive oil in a large skillet over medium-high heat.
- Add the onions, garlic and 1 teaspoon salt. Cover and cook about 5 minutes; uncover and cook, stirring, until browned, 15 to 20 more minutes.

- Meanwhile, combine the remaining 2 tablespoons olive oil and the kasha in a small saucepan over medium-high heat and cook until toasted, about 4 minutes.
- Add 1 3/4 cups water and 1 teaspoon salt. Reduce the heat to medium, cover and cook until the water is absorbed, about 10 minutes. Season with salt and pepper. Cool slightly, then add to the bowl with the potatoes.
- Add the onions and mash.
- Remove the dough from the refrigerator 30 minutes before making the knishes. Preheat the oven to 375 degrees F; lightly brush a baking sheet with olive oil.
- Make the knishes; place 2 inches apart on the baking sheet.
- Bake 30 minutes; brush with olive oil and continue baking until golden, 25 to 35 more minutes.
- Serve with mustard.
- Photograph by Andrew Mccaul

Nutrition Facts



PROTEIN 7.09% **FAT 37.95%** **CARBS 54.96%**

Properties

Glycemic Index:53.46, Glycemic Load:35.79, Inflammation Score:-7, Nutrition Score:13.661304241937%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 23.03mg, Quercetin: 23.03mg, Quercetin: 23.03mg

Nutrients (% of daily need)

Calories: 397.48kcal (19.87%), Fat: 17.02g (26.18%), Saturated Fat: 2.39g (14.96%), Carbohydrates: 55.44g (18.48%), Net Carbohydrates: 50.94g (18.52%), Sugar: 5.68g (6.31%), Cholesterol: 0mg (0%), Sodium: 19124.43mg (831.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.16g (14.31%), Manganese: 0.63mg (31.64%), Vitamin B6: 0.55mg (27.55%), Vitamin B1: 0.4mg (26.73%), Folate: 94.99µg (23.75%), Potassium: 688.21mg (19.66%), Selenium: 13.44µg (19.2%), Vitamin C: 15.03mg (18.22%), Fiber: 4.5g (17.99%), Iron: 3.02mg (16.77%), Vitamin E: 2.42mg (16.16%), Vitamin B3: 3.18mg (15.91%), Phosphorus: 135.46mg (13.55%), Vitamin B2: 0.23mg (13.32%), Vitamin K: 12.67µg (12.07%), Magnesium: 47.67mg (11.92%), Copper: 0.23mg (11.4%), Vitamin B5: 0.64mg (6.37%), Calcium: 62.58mg (6.26%), Zinc: 0.84mg (5.59%)