



## Potato Latkes

READY IN



45 min.

SERVINGS



18

CALORIES



185 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 18 servings apple sauce for serving
- 0.3 teaspoon double-acting baking powder
- 0.5 teaspoon pepper black freshly ground
- 2 large eggs separated
- 2.5 pounds baking potatoes
- 2 teaspoons kosher salt
- 0.3 cup matzo meal
- 1 medium onion
- 0.5 cup spring onion white green finely chopped ( and parts)

- 18 servings cream sour for serving
- 3 tablespoons butter unsalted melted
- 18 servings vegetable oil for frying

## Equipment

- bowl
- frying pan
- oven
- sieve
- hand mixer
- spatula
- box grater

## Directions

- Place a large strainer over a large bowl. Using the large holes of a box grater, grate some of the potatoes, followed by some of the onion, into the strainer. Repeat until all of the potatoes and onion are used up. (Alternating the potatoes and onion prevents the potatoes from discoloring.) Squeeze or press out as much of the liquid as possible. Allow the accumulated liquid to stand in another bowl for 2 to 3 minutes.
- Pour off the watery part but reserve the thick, starchy paste at the bottom.
- Transfer the potato-onion mixture to a clean large bowl.
- Add the starchy paste, egg yolks, scallions, potato fl our or matzo meal, butter, salt, pepper, and baking powder and mix well. In a separate medium bowl, beat the egg whites with an electric mixer until they hold stiff, shiny peaks. Fold the egg whites into the potato mixture.
- Heat a thin layer of oil in a large frying pan over medium-high heat. Working in batches, scoop 1/4 cup of the potato mixture into the pan for each pancake. Flatten gently with a spatula. Fry until the pancakes are crisp and golden brown, about 4 minutes per side.
- Serve immediately or reheat in a 350°F oven for about 6 minutes.
- Serve with sour cream and applesauce.
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MARK RUSS FEDERMAN, grandson of founder, Joel Russ, took over the running of

Russ & Daughters from his parents in 1978 and turned it over to the fourth generation, his daughter, Niki, and nephew Josh, in 200

□ He has appeared individually on panels at the Smithsonian Institution, the Museum of the City of New York, the New York Public Library, and the conference of the Association of Food Journalists, among other venues. Mark and Russ & Daughters were most recently featured on the PBS documentary The Jews of New York; on Lidia Bastianich's PBS series Lidia Celebrates America; and on Anthony Bourdain's No Reservations.

## Nutrition Facts



■ PROTEIN 5.94% ■ FAT 35.96% ■ CARBS 58.1%

### Properties

Glycemic Index:14.88, Glycemic Load:9.14, Inflammation Score:-3, Nutrition Score:5.8547826746236%

### Flavonoids

Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg Epicatechin: 6.6mg, Epicatechin: 6.6mg, Epicatechin: 6.6mg, Epicatechin: 6.6mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg

### Nutrients (% of daily need)

Calories: 185.38kcal (9.27%), Fat: 7.76g (11.94%), Saturated Fat: 3.05g (19.04%), Carbohydrates: 28.22g (9.41%), Net Carbohydrates: 25.81g (9.39%), Sugar: 12.61g (14.01%), Cholesterol: 32.76mg (10.92%), Sodium: 282.43mg (12.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.89g (5.77%), Vitamin B6: 0.28mg (13.81%), Vitamin K: 13.12µg (12.5%), Potassium: 395.78mg (11.31%), Fiber: 2.41g (9.64%), Manganese: 0.17mg (8.26%), Vitamin C: 5.89mg (7.14%), Phosphorus: 67.26mg (6.73%), Vitamin B1: 0.1mg (6.67%), Vitamin B2: 0.11mg (6.67%), Iron: 1.06mg (5.88%), Copper: 0.11mg (5.56%), Magnesium: 21.83mg (5.46%), Selenium: 3.56µg (5.08%), Folate: 19.16µg (4.79%), Vitamin A: 227.2IU (4.54%), Vitamin B3: 0.87mg (4.34%), Vitamin E: 0.61mg (4.05%), Vitamin B5: 0.39mg (3.87%), Calcium: 36.19mg (3.62%), Zinc: 0.37mg (2.46%), Vitamin B12: 0.08µg (1.31%)