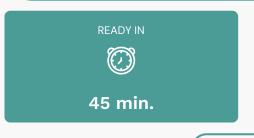
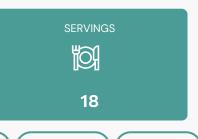


Potato Latkes







SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

18 servings apple sauce for serving
0.3 teaspoon double-acting baking powde
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 sor potatoes, followed by some of the onion, into the strainer. Repeat until all of the potatonion 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 accumliquid to stand in another bowl for 2 to 3 minutes.	toes and
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, potato baking powder and mix well. In a separate medium bowl, beat the egg whites with electric mixer until they hold stiff, shiny peaks. Fold the egg whites into the potato mixer.	h an
Heat a thin layer of oil in a large frying pan over medium-high heat. Working in batche 1/4 cup of the potato mixture into the pan for each pancake. Flatten gently with a spanntil 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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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.

Russ & Daughters from his parents in 1978 and turned it over to the fourth generation, his

Nutrition Facts



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

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: Og (100%), Alcohol %: O% (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: 227.21U (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%)