

 food
network

Potato Pancakes with Caviar

READY IN



30 min.

SERVINGS



8

CALORIES



275 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 pounds baking potatoes
- 0.5 teaspoon pepper black freshly ground
- 6 tablespoons ghee (see note)
- 0.5 cup crème fraîche sour
- 2 extra large eggs lightly beaten
- 6 tablespoons flour
- 2.5 teaspoons kosher salt
- 100 grams carrot good (less than 4 ounces)

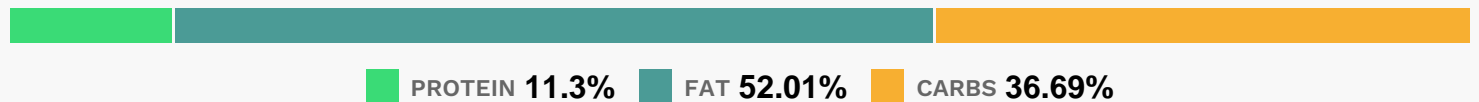
Equipment

- bowl
- frying pan
- sauce pan
- kitchen towels
- spatula
- colander

Directions

- Peel the potatoes and grate them lengthwise.
- Place them in a colander or kitchen towel and squeeze out as much liquid as possible.
- Combine the potatoes in a bowl with the egg, flour, salt, and pepper.
- Mix well.
- Melt 2 tablespoons of clarified butter in a skillet. Drop a heaping tablespoon of the potato mixture into the sizzling butter. Flatten with a spatula and cook for 2 minutes. Turn, flatten again, and cook for another 2 minutes, until crisp on the outside and golden brown.
- Serve the pancakes hot from the skillet with a dollop of creme fraiche and a teaspoon of caviar.
- Note: To make 6 tablespoons of clarified butter, slowly melt 8 tablespoons of butter in a small saucepan. Set it aside until the milk solids settle. Spoon off any solids that rise to the top and then carefully pour off the golden liquid, leaving the milky part in the bottom of the pan. Clarified butter has a higher burning temperature than melted butter.

Nutrition Facts



Properties

Glycemic Index:23.97, Glycemic Load:19.24, Inflammation Score:-3, Nutrition Score:10.073478263357%

Nutrients (% of daily need)

Calories: 275.28kcal (13.76%), Fat: 16.26g (25.02%), Saturated Fat: 9.08g (56.73%), Carbohydrates: 25.82g (8.61%), Net Carbohydrates: 24.16g (8.79%), Sugar: 1.26g (1.4%), Cholesterol: 136.11mg (45.37%), Sodium: 768.46mg (33.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.95g (15.91%), Vitamin B6: 0.44mg (22.14%), Vitamin B12: 1.15µg (19.25%), Selenium: 12.24µg (17.48%), Phosphorus: 157.54mg (15.75%), Potassium: 545.61mg (15.59%), Vitamin B2: 0.25mg (14.47%), Manganese: 0.24mg (12.05%), Vitamin D: 1.79µg (11.95%), Vitamin B1: 0.18mg (11.72%), Folate: 43.13µg (10.78%), Vitamin C: 8.29mg (10.05%), Iron: 1.58mg (8.8%), Vitamin B3: 1.76mg (8.78%), Magnesium: 33.17mg (8.29%), Copper: 0.15mg (7.61%), Vitamin B5: 0.76mg (7.56%), Vitamin E: 1.09mg (7.28%), Fiber: 1.66g (6.63%), Zinc: 0.72mg (4.83%), Calcium: 41.7mg (4.17%), Vitamin A: 204.35IU (4.09%), Vitamin K: 2.55µg (2.42%)