





Ingredients

- 0.5 teaspoon pepper black freshly ground
- 10 servings butter
- 12 tablespoons ghee divided prepared ()
- 2 teaspoons kosher salt
- 4 pounds baking potatoes
- 1 cup shallots finely chopped (6)
- 2 tablespoons butter unsalted ()

Equipment

frying pan
oven
pot
spatula

Directions

Cook potatoes in large pot of generouslysalted boiling water until partially cooked(tester will
meet some resistance), about 15minutes.

Drain potatoes, rinse in cold water, and drain again. Peel, cover, and chill untilvery cold, at least 4 hours and up to 1 day.

Coarsely grate potatoes into largebowl. Melt butter in large ovenproof castironskillet over medium-low heat.

Addshallots; sauté until soft, about 6 minutes.

Add shallot mixture, 2 teaspoons coarsesalt, and 1/2 teaspoon pepper to potatoes(reserve skillet). Toss to blend evenly (donot compact potato mixture). DO AHEAD: Can be made 3 hours ahead.

Let stand atroom temperature.

Preheat oven to 450°F. Melt 4tablespoons usli ghee in reserved skilletover medium heat.

Add half of potatomixture (5 1/2 to 6 cups). Stir gently untilghee is absorbed, about 2 minutes.

Spread potatoes to even layer, then pressfirmly with metal spatula to compact.Cook 5 minutes, pressing and flatteningoccasionally. Reduce heat to medium-low.

Place slightly smaller skillet atop potatocake. Weigh down with heavy can (suchas 28-ounce can of tomatoes). Cook potatocake 15 minutes, pressing occasionally.

Remove can and small skillet. Presspotato cake again to flatten.

Spread with2 tablespoons ghee.

Place skillet in oven and bake potatocake uncovered 15 minutes. Run narrowspatula around potato cake. Turn outonto platter, bottom (crusty) side up.Immediately cut into wedges and servewith applesauce. Repeat with remainingpotatoes and ghee.



Properties

Glycemic Index:19.67, Glycemic Load:26.77, Inflammation Score:-4, Nutrition Score:9.0269564597503%

Nutrients (% of daily need)

Calories: 374.23kcal (18.71%), Fat: 24.4g (37.55%), Saturated Fat: 15.2g (95.02%), Carbohydrates: 36.83g (12.28%), Net Carbohydrates: 33.69g (12.25%), Sugar: 2.99g (3.32%), Cholesterol: 62.85mg (20.95%), Sodium: 509.84mg (22.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.6g (9.2%), Vitamin B6: 0.71mg (35.41%), Potassium: 838.91mg (23.97%), Manganese: 0.37mg (18.4%), Vitamin C: 12.23mg (14.83%), Fiber: 3.14g (12.56%), Magnesium: 47.04mg (11.76%), Phosphorus: 116.02mg (11.6%), Vitamin B1: 0.16mg (10.9%), Copper: 0.21mg (10.49%), Iron: 1.86mg (10.33%), Vitamin B3: 1.93mg (9.65%), Folate: 33.7µg (8.42%), Vitamin B5: 0.62mg (6.25%), Zinc: 0.63mg (4.2%), Vitamin K: 4.16µg (3.97%), Vitamin B2: 0.07mg (3.97%), Vitamin A: 198.23IU (3.96%), Calcium: 34.94mg (3.49%), Selenium: 1.09µg (1.56%), Vitamin E: 0.21mg (1.4%)