



Sicilian potato cake

READY IN



120 min.

SERVINGS



12

CALORIES



403 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.3 kg floury potato such as king edward or maris piper
- ☐ 175 g pancetta diced
- ☐ 250 ml milk
- ☐ 100 g butter unsalted
- ☐ 4 eggs beaten
- ☐ 2 garlic cloves crushed
- ☐ 200 g parmesan freshly grated
- ☐ 6 slices genoa salami italian chopped
- ☐ 85 g caciocavallo cheese diced

- ☐ 140 g mozzarella cheese diced
- ☐ 1 handful flatleaf parsley chopped
- ☐ 50 g breadcrumb fresh white
- ☐ 1 handful thyme leaves fresh

Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk

Directions

- ☐ Heat oven to 190C/fan 170C/gas
- ☐ Boil the potatoes whole, in their skins, in gently simmering water until tender about 30–40 mins depending on size. Meanwhile, fry the pancetta cubes until golden.
- ☐ Drain the potatoes and set aside.
- ☐ Put the milk and most of the butter in the potato pan to warm. Peel the potatoes, cut into big chunks, then tip back into the pan with the milk. Mash them (as long as youve used a floury potato you will get a light and fluffy mash by using an electric hand whisk, or a masher).
- ☐ Mix in the pancetta, eggs, garlic and all of the other ingredients except the breadcrumbs and thyme.
- ☐ Use the remaining butter to butter the bottom and sides of a 23cm springform tin. Coat the inside of the tin with about of the breadcrumbs and fill with the potato mixture. Smooth down the surface and sprinkle with the remaining breadcrumbs, pressing them gently into the potato.
- ☐ Bake for about 1hr 10 mins until the potato cake is set, with a slight wobble in the middle.
- ☐ Let it rest for 5 mins then loosen from the sides with a knife before releasing the tin. Slide onto a plate and sprinkle with the thyme leaves.
- ☐ Serve hot or warm. Can be prepared up to the end of step 3 the night before and kept covered in the fridge.

Nutrition Facts



 **PROTEIN 18.29%**  **FAT 57.48%**  **CARBS 24.23%**

Properties

Glycemic Index:28.15, Glycemic Load:14.57, Inflammation Score:-6, Nutrition Score:14.766956515934%

Flavonoids

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 402.8kcal (20.14%), Fat: 25.79g (39.68%), Saturated Fat: 13.32g (83.26%), Carbohydrates: 24.47g (8.16%), Net Carbohydrates: 21.87g (7.95%), Sugar: 2.48g (2.76%), Cholesterol: 115.87mg (38.62%), Sodium: 651.9mg (28.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.47g (36.93%), Calcium: 366.61mg (36.66%), Phosphorus: 343.13mg (34.31%), Vitamin C: 22.07mg (26.76%), Selenium: 18.25µg (26.08%), Vitamin B6: 0.46mg (22.88%), Vitamin B2: 0.3mg (17.56%), Potassium: 598.62mg (17.1%), Vitamin B12: 1.02µg (16.92%), Vitamin B1: 0.24mg (16.05%), Zinc: 2.09mg (13.94%), Vitamin A: 641.91IU (12.84%), Vitamin B3: 2.36mg (11.82%), Manganese: 0.23mg (11.6%), Magnesium: 45.96mg (11.49%), Fiber: 2.6g (10.42%), Iron: 1.67mg (9.26%), Vitamin B5: 0.91mg (9.12%), Vitamin K: 9.22µg (8.78%), Folate: 33.06µg (8.26%), Copper: 0.16mg (8.22%), Vitamin D: 0.89µg (5.9%), Vitamin E: 0.55mg (3.67%)