



Yukon Gold Potato and Jerusalem Artichoke Latkes with Apple-Horseradish Mayonnaise and Taramasalata

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



165 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 teaspoons apple cider vinegar
- ☐ 24 servings taramasalata is greek carp roe mayonnaise
- ☐ 1 tablespoon dijon mustard
- ☐ 3 large eggs beaten
- ☐ 0.3 cup flour all-purpose as needed plus more
- ☐ 2 tablespoons chives fresh minced

- ☐ 2 tablespoons parsley fresh minced
- ☐ 2 inch horseradish fresh finely grated peeled
- ☐ 1 pound sunchokes washed
- ☐ 1 cup mayonnaise
- ☐ 0.5 cup apple sauce unsweetened
- ☐ 1.5 cups vegetable oil for frying
- ☐ 1 large onion yellow peeled
- ☐ 3 pounds yukon gold potatoes peeled

Equipment

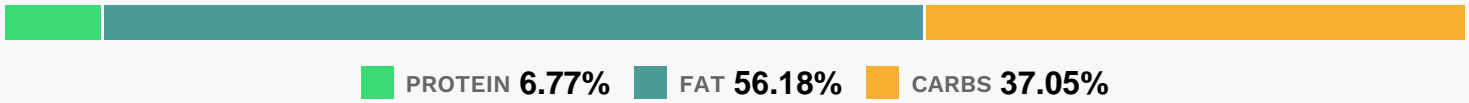
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ mixing bowl
- ☐ kitchen towels
- ☐ grater
- ☐ box grater

Directions

- ☐ In a medium bowl, stir together the horseradish, applesauce, vinegar, mustard, and mayonnaise. Season with salt and pepper. DO AHEAD: The sauce can be made and stored, in an airtight container in the refrigerator, up to 3 days.
- ☐ Line a large bowl with a clean cloth napkin or lint-free kitchen towel.
- ☐ Working in batches, use the larger side of a box grater or a food processor fitted with a grater attachment to coarsely grate the potatoes, Jerusalem artichokes, and onion. As they're grated, transfer the vegetables to the towel-lined bowl. Gather the corners of the towel and wring as much excess liquid as possible from the vegetables.
- ☐ Transfer the wrung vegetables to a dry mixing bowl.

- ☐ Add the egg and parsley and stir to combine. While stirring the mixture, gradually add the flour, stirring well to incorporate.
- ☐ Line a large baking sheet with paper towels.
- ☐ In a large sauté pan over moderately high heat, heat 1/4 inch of oil until hot but not smoking. Test the latke batter by frying a small amount of batter in the hot oil—it should hold together and not fall apart when flipped. If necessary, add additional flour, 1 tablespoon at a time, but try to add as little flour as possible to create light latkes.
- ☐ Working in batches, drop 2-tablespoon-size dollops of batter into the hot oil and use the back of a spoon to press the batter into 1 1/2-inch diameter pancakes. Season with salt and pepper and fry until golden brown, about 2 minutes. Flip the latkes and continue frying until golden brown, about 2 minutes. As they finish cooking, transfer the latkes to the paper-towel-lined baking sheet.
- ☐ Arrange the latkes on a large plate or platter and top half with apple-horseradish mayonnaise and half with taramasalata.
- ☐ Sprinkle with minced chives and serve immediately.

Nutrition Facts



Properties

Glycemic Index:17.36, Glycemic Load:9.09, Inflammation Score:-3, Nutrition Score:6.226521756338%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 165.26kcal (8.26%), Fat: 10.46g (16.09%), Saturated Fat: 1.74g (10.85%), Carbohydrates: 15.52g (5.17%), Net Carbohydrates: 13.73g (4.99%), Sugar: 3.1g (3.44%), Cholesterol: 27.83mg (9.28%), Sodium: 80.26mg (3.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.84g (5.67%), Vitamin K: 27.4µg (26.1%), Vitamin C: 13.05mg (15.81%), Vitamin B6: 0.21mg (10.28%), Potassium: 351.71mg (10.05%), Iron: 1.35mg (7.49%), Fiber: 1.79g (7.16%), Phosphorus: 70.06mg (7.01%), Vitamin B1: 0.1mg (6.92%), Manganese: 0.12mg (6.21%), Copper: 0.1mg (5.08%),

Folate: 19.62µg (4.9%), Vitamin B3: 0.96mg (4.81%), Magnesium: 19.04mg (4.76%), Selenium: 3.27µg (4.66%),
Vitamin E: 0.66mg (4.39%), Vitamin B2: 0.07mg (4.18%), Vitamin B5: 0.38mg (3.82%), Vitamin D: 0.39µg (2.6%),
Zinc: 0.33mg (2.18%), Vitamin A: 86.04IU (1.72%), Calcium: 17.06mg (1.71%), Vitamin B12: 0.08µg (1.37%)