

German Potato Pancake



Makes 8



Time 30 minutes



Autumn



Potato



INGREDIENTS:

- 500 g potatoes
- 1 small onion
- 3 tbsp all-purpose flour
- 1 medium egg
- 3-4 tbsp vegetable oil for frying
- 1 tsp salt

METHOD:

1. Wash and peel the potatoes. Grate them finely using a box grater or food processor.
2. Peel and finely grate the onion.
3. Squeeze out as much water as possible from the grated potatoes using your hands.
You can also use a cheesecloth, or a clean kitchen towel.
4. In a large bowl, mix the grated potatoes, onion, flour, egg, and salt. Stir well until the mixture holds together when pressed.
5. Heat 1 tsp of oil in a pan. For each pancake, drop a spoonful of the potato mix into the hot pan. Then, use the back of your spoon to press it down to form a round shape.
6. Cook the pancakes for 3 to 4 minutes on each side, until they are golden brown and cooked all the way through. If they're browning too fast, turn the heat down a bit!
7. Place the cooked pancakes on a plate lined with paper towels to absorb extra oil.
8. Serve the potato pancakes hot.

TIPS:

- To make this recipe gluten free, you can swap all-purpose flour for potato starch.
- The batter should stick together when you press it. If not, add more flour.
- If you like a savoury flavour, add a pinch of pepper or spices like garlic powder in step 4.
- You can enjoy potato pancakes both sweet and savoury. For a sweet version, top them with applesauce. For a savoury option, serve with sour cream or greek yogurt.
- Store the leftover pancakes in refrigerator for up to 3 days. You can reheat it in a pan or oven.

Share it with us!



@foodfromh0me



This recipe was developed by the Baker Heart and Diabetes Institute and supported by Enliven Victoria.