

Jenny's Polish Potato Pancakes

Potato pancakes don't have to be greasy... or hard to make. My recipe is easy thanks to my food processor but you can always grate the potatoes and onion by hand. The secret is to drain off the potato juice but keep the starch. Serve these Polish *Placki Kartoflane* with a little light sour cream or do like my mother did and slice up the leftover ones and cook into scrambled eggs for breakfast.

2 large russet potatoes (about 1 1/2 lbs.)

1/4 cup onion (about 1/2 of a small onion)

1 egg

1 Tablespoon whole wheat flour

1/2 teaspoon salt

Pepper to taste

3 teaspoons oil – divided (I use expeller-pressed, organic canola)

1. Place peeled & chopped potatoes and onion into a food processor. Process for about 30 seconds until lumps are gone.
2. Place in a fine-mesh colander over a bowl and let drain for 5 minutes or longer.
3. Carefully pour off the drained liquid but keep the white starch that's settled on the bottom.
4. To the starch, add the drained potato/onion mixture, egg, flour, salt, & pepper.
5. In a cast iron skillet, heat 1/2 teaspoon of oil over medium heat. Spoon 1/4 cup mounds into pan, flattening each one to an even thickness.
6. Cook about 3 minutes per side, adding 1/2 teaspoon oil as needed. (You can keep them warm in a 200° oven on a paper towel-lined pan.)

*makes twelve 3-inch pancakes