

Curried Potato Cake

Prep time:

15 minutes

Cooking time:

20 minutes

Yields:

6 people

Ingredients:

1 lb russet potatoes (about 2)
1 medium onion, small dice
1 T coconut oil
1 t curry powder
½ t ground cumin
1 tablespoon fresh chopped parsley
1 garlic clove, minced
¼ c chickpea flour
½ t baking powder
salt and pepper to taste
coconut oil or spray for cooking

Directions:

Heat 1T coconut oil in a large saute pan, add onion and cook until soft, about 2 minutes. Add garlic, curry powder, cumin, parsley and a pinch of salt and stir to integrate. Remove from heat and let cool.

Grate potatoes. Form potato into baseball-sized balls and squeeze out as much moisture as you can. Then lay potatoes out in a thin layer and top with paper towels, soaking out as much additional water as possible. Potatoes will feel less wet, and a bit crumbly.

Add onion mixture, chickpea flour, baking powder, salt and pepper to potatoes and mix thoroughly. (It may be easier to mix with your hands).

Divide into portions the size of a heaping ¼ cup. Flatten each patty until less than ½ inch thick and about 3 inches in diameter.

In a large saute pan, heat 2 T coconut oil. Cook on first side about 10 minutes at medium-high heat and flip when browned. Cook another 10 minutes, pressing gently on each patty. Transfer pancakes to a paper towel-covered plate to remove excess oil for a minute before serving.