



## LATKES AND APPLESAUCE

### For the Latkes:

**6 medium potatoes**  
**1 large onion**  
**2 eggs, beaten**  
**3 tablespoons flour**  
**1-2 teaspoons black pepper**  
**2-3 teaspoons salt**  
**½ teaspoon baking powder**  
**plenty of vegetable oil for frying (I use avocado oil)**  
**(serves 6-8)**



### For the Applesauce:

**8-10 apples and pears (I like to use a variety of different types)**

1. Take out three bowls and grater. Grate the potatoes and the onion into the 1st bowl. I like to keep the skin on my potatoes for extra flavor, color and nutrients! Mix them up together.
2. Squeeeeeeeeze! Pick up a handful of the grated potato and onion mixture and squeeze out all of the liquids by pressing your hands together, into a 2nd bowl. *\*Keep the liquids, we'll use them later.* Place the dried out mixture into the 3rd bowl.
3. Mix the eggs, flour, pepper, salt, and baking powder into the potato and onion mixture.
4. Back to your 2nd bowl now, pour out the excess liquid, until you see the magic ingredient at the bottom - potato starch! Scrape up the potato starch and mix together with the potato and onion mix. Taste for seasoning, should be a little salty.
5. Heat the oil up over high heat. Test if it's hot enough by dropping a pinch of potato into the oil. Its ready when it sizzle sizzle sizzles.
6. One last squeeeeeeeeze and then fry them UP! Pick up about ¼ cup of the mix. Make a patty shape and give it one more squeeze (the dryer they are when they go into the oil, the crispier they'll be), then gently place the patty into the oil.
7. Fry until golden brown on both sides. Drain on paper towels or newspaper.

1. Peel about two-thirds of the fruit.
2. Cut all the fruit up into small pieces. If you start he apple slicing, your children can cut the slices into small pieces with a butter knife or plastic serrated knife.
3. In a large, heavy bottomed stock pot, combine apples and pears, cover and set over medium high heat.
4. After about 5 minutes, reduce heat to medium-low and simmer, covered, stirring occasionally until apple are very soft, about 40 minutes.
5. Remove from heat and blend with a potato masher.
6. I like to leave it chunky. If you prefer it to be smooth you can pass it through a fine mesh strainer or food mill. While its still warm, you can add spices like cinnamon or nutmeg. My mom always adds a touch of cognac or brandy.

