



Sweet Potato Latkas

INGREDIENTS

1 large onion; peeled and quartered
2 large eggs
¼ teaspoon garlic powder
10 oz avocado oil

2 lbs sweet potatoes, peeled
a few dashes of both salt and pepper
¼ teaspoon granulated ginger powder

DIRECTIONS

Set oven to warm (150 degrees F). Chop onion or process in a food processor until finely chopped. Place in a colander and place the colander on top of a bowl. Shred the potatoes by hand or by using the fine shredding disc of your food processor. Place them in the colander. Mix the onion and potatoes together. Press on the mixture in the colander with your hands, repeatedly, to extract as much liquid as possible into the bowl. This is the most important step as the drier the mixture, the crispier the latkes and the less they will fall apart. Don't add flour to help absorb the liquid: it is unnecessary and will result in suboptimal latkes.

In a large bowl, whisk together the eggs, salt, pepper, garlic and ginger powder. Add the drained onion/potato mixture and use a fork to mix well. Heat the oil in a 12-inch nonstick skillet over medium heat until hot but not smoking, about 4 minutes. The oil should cover the bottom of the skillet and be about 1/4-inch deep. Spoon about 2 tablespoons of mixture per pancake into the skillet, pressing on them a little with a spatula to flatten. Cook the latkes until their undersides are browned, about 5 minutes. Turn the latkes over and cook until the other side is browned, about 5 more minutes. Transfer the cooked latkes to paper towels to drain, then place them on a baking sheet in the warm oven while you finish cooking more batches. Makes about 24 latkes; 100 calories each.