



Mediterranean Latkes

Equipment:

Grater
Strainer
Frying pan

Ingredients:

Latkes

2 large Russet potatoes peeled
(about 1 pound)
1 large onion peeled
1 carrot peeled
1 clove garlic
2 large eggs
0.5c all-purpose flour
Salt/pepper
1 teaspoon baking powder
Oil for deep frying (canola, corn,
or soybean)

Fresh Parsley Tahini

1c Tahini sauce
2 lemons
Salt
Fresh parsley
1c ice cold water

Instructions:

Latkes

Grate all the vegetables
Mix in 1 tsp of salt
Place into a strainer
Make sure to squeeze excess water from the vegetables before
placing in a mixing bowl

Crack 2 eggs and mix with the vegetables
Add the flour and the baking powder
Salt/pepper to taste
Mix everything together

Heat oil in a frying pan to 280 degrees
Fry the latkes until golden.

Fresh Parsley Tahini

In a bowl add the tahini sauce
Add 0.5 a cup of ice water and the juice of 1 lemon
Add parsley
Salt to taste
Mix everything until homogeneous

