

Sweet Potato Latkes

Typically made with white potatoes, I've been doing sweet potato latkes for years and I don't think my son even knows anything different. To him, latkes are always made with sweet potatoes and they're delicious! If you want your latkes to look more like traditional white potato latkes, use Japanese Sweet Potatoes or Hannah Yams that have a white flesh. Sweet potatoes don't hold as much water as white potatoes, so it isn't as important to squeeze the water out of them, the way you would when making a traditional latke. The chickpea flour should be enough to absorb any excess liquid that forms.

For frying, I find that a cast-iron skillet works best. The cast-iron distributes heat more evenly and creates a crispier texture than other pans. If you're skeptical, one year, a friend and I had a latke cook off where she used her traditional stainless steel pot that she swore was superior. I used my cast-iron skillet. By the end of the night, she conceded. Cast-iron made a superior latke. We fried all of the remaining latkes in my cast-iron skillet. Try it and see what a difference it makes! Traditionally, Hanukkah includes many recipes cooked in oil or fried. Fortunately for us, that isn't a problem for the Always Hungry program. We're not afraid of fat! With a little homemade applesauce (see recipe below) or sour cream, these latkes are sure to please the whole family. I find that the egg-free latkes are every bit as good as the traditional ones, but it's up to you! (makes 8 to 12 servings)

Sweet Potato Latkes

2 medium sweet potatoes (8 cups grated)	1/2 teaspoon salt
1 medium onion	1/8 teaspoon ground black pepper
2 eggs (optional)	1/2 cup extra-virgin olive oil or neutral-tasting oil like
1 cup chickpea flour	Avocado oil or high-oleic safflower
1/2 teaspoon baking powder	

Grate sweet potatoes (I leave the skin on) in a food processor with a grating attachment or use a large cheese grater. Move grated sweet potatoes to a bowl and grate the onion. Drain any excess liquid from onion and combine with the sweet potatoes. Add eggs, if you are using them. Mix well. In a separate bowl, combine chickpea flour, baking powder, salt, and pepper. Mix flour into the sweet potato and onion mixture, working with a spatula or your hands until liquid is absorbed and you can form patties. Heat oil in a large cast-iron skillet. Form 2 to 3 tablespoons of potato mixture into balls, then flatten into patties. Place patties in hot oil. Cook until fully brown on one side, then turn and brown the other side. Remove from heat and place on a strainer or grate to drain.

For applesauce, you need 7 small to medium sized apples (1 3/4 pounds), core and stems removed. And 1/2 cup water. Cut apples in half. Place apples and water in a pot, and bring to a boil. Simmer 10 to 15 minutes until apples are soft. Place apples with skins and excess liquid in a wide-mouth mason jar or cup that will fit an immersion blender without splashing. Use immersion blender to blend until smooth and creamy. Serve on the side of your delicious latkes!

Latkes and Applesauce (about 8 servings)

For a complete meal, you'll want to serve these with	Protein: 5 g
your favorite protein. Carbohydrate: 37 g	Fat: 16 g

Recipe from the Chef Dawn Ludwig Blog at <https://www.DrDavidLudwig.com/category/chef-dawn/> for more recipes by Chef Dawn see the book ALWAYS HUNGRY? Conquer Cravings, Retrain Your Fat Cells, and Lose Weight Permanently.