

CAULIFLOWER LATKES (PARVE)

Recipe from About.com • Modified by Jenna Volpe, RD

Ingredients

- 1 head fresh cauliflower, washed and cut into florets
- 3 eggs, beaten
- ½ cup whole-wheat flour, gluten-free all-purpose flour, or matzo meal
- 1 tsp. salt
- ½ tsp. black pepper
- Coconut oil, for frying

Directions

- In a large soup pot, bring a few inches of water to a boil. Add cauliflower florets and cover. Turn heat to low. Cook for approximately 20 minutes, or until the florets are soft enough to be easily mashed.
- Drain the cauliflower in a colander. Mash lightly with a fork, leaving some texture. Let the cauliflower cool a little.
- Place cauliflower in a mixing bowl. Add beaten eggs. Add enough flour or matzo meal to create a pancake-like batter. Season with salt and pepper.
- On medium-high heat, heat a few tablespoons of oil in a frying pan. When the oil is hot, drop batter by tablespoonful into pan. Flatten the pancakes a bit so they are not too thick to cook well in the middle. Fry approximately 3 minutes on each side, until browned on both sides and firm in the middle. Remove from frying pan onto paper towels to drain excess oil, and cool.
- Repeat, starting with hot oil and dropping spoonfuls of batter.
- Recipe makes approximately 14–16 latkes.

Variation Combine the cauliflower with broccoli, and double all the other ingredients.

Tips

- Adjust the heat when frying so it is just right. If you fry on too high heat (or with too little oil), the pancakes might burn. But if you fry on too low heat, the pancakes will be mushy rather than crisp.
- Use enough oil when frying so that the pancakes won't burn, but not so much that the pancakes are oily.
- Don't make the pancakes so large that they fall apart when flipped over.