

## MY INHERITANCE RECIPE

# “Potato cakes signify the start of Hanukkah”

Crunchy, fragile and irresistible... The description sums up the special latkes that remind cookery writer Denise Phillips of family celebrations for the annual Jewish festival of light

PUD

NAME Denise Phillips

RECIPE Latkes (potato pancakes)

SERVE WITH Apple sauce and  
soured cream or cinnamon sugar

PASSED ON BY Denise's mum

## \*Latkes [v]

MAKES 10-12

TAKES 15 MINUTES TO MAKE,  
15 MINUTES TO COOK

**FREEZE** After cooking, cool the latkes, then place between layers of baking paper and store in an airtight container. Freeze for up to 3 months. Defrost at room temperature and warm through in a medium preheated oven for 10 minutes.

3 large desirée potatoes (about 700g)  
1 small onion  
2 medium free-range eggs, beaten  
3 tbsp self-raising flour  
1 tsp baking powder  
Vegetable oil for frying  
Apple sauce and soured cream or 3 tbsp caster sugar mixed with 1 tsp ground cinnamon to serve

1. Coarsely grate the potatoes and the onion. Place in the centre of a clean tea towel and squeeze out as much liquid as you can, then transfer to a large bowl.
2. Stir in the eggs, flour and baking powder. Season well with salt and freshly ground black pepper. Meanwhile, heat enough oil in a shallow frying pan to cover the base by about 1cm.
3. When the oil is hot, add spoonfuls of the potato mixture, pressing down slightly to flatten. Make sure you don't overcrowd the pan with too many latkes as this will reduce the oil temperature and slow the cooking process. Fry for about 2 minutes on each side until golden brown, then remove with a slotted spoon and drain on kitchen paper. Continue to fry in batches until all the potato mixture has been used. Serve with apple sauce and soured cream or with a pinch of cinnamon sugar.

**PER LATKE** 97kcal, 4g fat (0.6g saturated), 2.8g protein, 12.4g carbs (0.6g sugars), 0.2g salt, 1.2g fibre

“Each Jewish festival has its own distinctive food, associated with symbolism, pleasure and flavour. Hanukkah, which begins this year on Tuesday 20 December, is no exception. When I was growing up, Hanukkah tea, enjoyed with other family members, was a major celebration. Special candles were lit, small presents were exchanged, then came plates of hot latkes – the crisp potato pancakes traditionally served at this time, when foods fried in oil are favoured.

The oil is significant because Hanukkah celebrates the miracle of the rededication of the Temple in Jerusalem, after the Jews rebelled against the tyrant Antiochus in the 2nd century BC. There was only enough oil to light the Temple menorah for just one day – but it lasted for eight.

This recipe is my mother's and it's straightforward and tasty. The frying fills the kitchen with a tantalising aroma of what's to come: light, crunchy potato cakes signifying the start of the celebrations. My mother still makes them and my children look forward to this treat as much as I did when I was their age. There is a secret to making a perfect, crisp latke: squeeze out as much liquid from the grated potato and onion as you can – and make sure the oil is piping hot. If you don't, the end result will be soggy and greasy. I add a little baking powder as well, to give a lighter texture.”

Find more recipes from Denise at [jewishcookery.com](http://jewishcookery.com)

