



Broccoli and Cauliflower Latkes with Herbed Yogurt Topping

Serving:

10-12 Latkes

Type:

Dairy

Author:

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Notes:

While it's traditional to serve potato pancakes during the eight nights of Chanukah, this recipe includes more nutritious, raw broccoli and cauliflower as the base. Frying in oil is non-negotiable but these cruciferous veggies absorb less than potatoes. Yogurt topping, mixed with Middle Eastern spices and citrus, keep the flavors bright and light.

Equipment: Food processor with "S" blade, large frying pan (use cast iron if you have it), sheet pan, large mixing bowl, dry measuring cups, large mixing spoon, spatula.

Ingredients:

For Yogurt Topping:

7 ounces whole milk Greek yogurt

½ teaspoon za'atar* or 1 teaspoon fresh dill, minced

⅓ cup finely chopped cucumber

1 large clove garlic, minced

1 Tablespoon olive oil

1 Tablespoon lemon juice

1 Tablespoon lemon zest, reserved

½ teaspoon salt

Freshly ground pepper

For the Latkes:

2 cups raw broccoli florets

2 cups raw cauliflower florets

3 cloves garlic, peeled and halved

1 small onion, peeled and quartered

3 eggs

2 teaspoons za'atar* (or fresh dill)

1 teaspoon salt

cracked pepper, 4-5 turns of the pepper grinder, or more to taste

½ cup white whole wheat flour

½ cup canola oil, divided

Directions:

Make the topping:

Place all ingredients for the topping, except lemon zest, in a medium bowl and stir to combine. Adjust seasoning, adding more salt or black pepper, after it rests in the refrigerator. Put lemon zest aside and sprinkle on yogurt mixture when serving.

Make the latkes:

Pulse broccoli and cauliflower in food processor in 2 batches. Texture should be like cauliflower rice and you should have 3 cup, combined. Using a spatula, empty pulsed mixture into a large mixing bowl. Do not rinse processor bowl.

Pulse garlic and onion until minced and empty into mixing bowl.

Place eggs, za'atar, salt and pepper into processor bowl and mix for 8-10 seconds. Empty into mixing bowl.

Using a large spoon, combine all ingredients in the mixing bowl and add flour. Mix until well combined. Mixture should feel dry. If not, add 1-2 more tablespoons of flour.

Heat $\frac{1}{4}$ cup oil in frying pan over medium/ high heat. Be sure your oil is hot.

Using a $\frac{1}{4}$ cup dry measuring cup, scoop mixture into the frying pan. Flatten batter lightly and fry 3-4 into the pan. Do not overcrowd the pan. Allow latkes to brown for 3-4 minutes (try not to peek too often) and flip to fry the other side. Remove golden latkes to a paper towel lined sheet pan. Mix the batter once or twice before starting each batch and continue frying until all latkes are cooked.

Pat latkes gently with paper towels to remove excess oil. Serve piping hot with a dollop of herbed yogurt and a sprinkle of lemon zest.

Tips:

Before making the latkes, mix the yogurt topping. It benefits from hanging out in the refrigerator for at least one hour but it can rest there for up to two days.

After frying two batches, you may need to add the remaining canola oil. If you do, be sure to allow it to heat up adequately before starting to fry your next batch. Hot oil is the key to successful latke making.

Latkes are best eaten sizzling hot and fresh out of the pan. Still, they can be reheated successfully by placing them on a foil lined sheet pan in a 400 degree F oven for 7-8 minutes.