

Side Dish

Potato Patties

Palm Beach Post

6 medium potatoes
1 teaspoon salt (to taste)
2 teaspoons ground cumin powder (to taste)
1 teaspoon cumin seeds (to taste)
2 teaspoons coriander (to taste)
1 teaspoon red chili flakes (to taste)
1/4 teaspoon chili powder (to taste)
1/2 small onion, finely chopped
1/2 bunch fresh cilantro (optional)
1 cup olive oil
2 eggs, beaten

Stab the potatoes with a fork or knife on all sides. Bake the potatoes in a microwave , covered, in a microwave-safe dish for 4 minutes. Let the potatoes rest for about 1 minute. Restart the potatoes for another 5 minutes. Remove the dish from the microwave and allow potatoes to cool for approximately 15 minutes or until potatoes are cool to the touch.

Peel the potato skins. Then, using bare hands and not a tool, mash the potatoes (you want lumpy and not smoothly mashed potatoes). Add the salt, cumin powder, cumin seeds, coriander, red chili flakes, chili powder, onion and cilantro. Break down the chunks and work into a smoother consistency. Taste the mixture and adjust seasonings to taste preference.

Mold the potato mixture into rounded patties, about 2 to 3 inches in diameter. Set aside.

Heat a nonstick frying pan, then add the oil on medium heat for approximately 1 to 2 minutes until the oil is hot.

Dip the potato patties in the egg and place them in the hot oil. Let them cook until the egg begins to brown (about 2 to 3 minutes per side).

Serve hot.

Per Serving (excluding unknown items): 2657 Calories; 227g Fat (75.5% calories from fat); 28g Protein; 137g Carbohydrate; 13g Dietary Fiber; 424mg Cholesterol; 186mg Sodium. Exchanges: 9 Grain(Starch); 1 1/2 Lean Meat; 1 Vegetable; 44 Fat.