



Crispy Rosemary Potato Cakes

Ingredients

Serves 4

2 large coliban potatoes or other white floury potatoes	Batter
2 large sweet potatoes	375ml (1½ cups) filtered water
125ml (½ cup) coconut oil	270g (2¼ cups) arrowroot or tapioca flour
Sea salt	100g (1 cup) almond meal
Tomato sauce, to serve (optional)	1½ tablespoons sea salt
	1½ teaspoons dried rosemary

Method

Get started by slicing the potatoes. Using a sharp knife, cut them on a slight angle into 7-10mm-thick ovals. Repeat with the sweet potatoes, trying to make them as equal as possible.

Lower the potato and sweet potato slices into a large saucepan of boiling water and cook for 2-3 minutes. Drain and spread out to cool.

While the potato slices cool, make the batter. Mix the water, arrowroot or tapioca flour, almond meal, salt and rosemary in a bowl to form a smooth batter. Transfer the batter to the fridge and leave for 5-10 minutes, or until the potato slices are cool enough to handle.

Heat the coconut oil in a large, heavy-based frying pan over medium-high heat until a bit of batter sizzles when dropped in. Working in batches, dip each potato slice into the prepared batter to coat well, let the excess drip off, then carefully lower into the oil and fry for 3-4 minutes on each side, or until golden brown all over. Transfer the cooked potato cakes to some paper towel to drain.

Serve the potato cakes straight away with a generous sprinkling of salt and some healthy tomato sauce, if you wish.

TIP

If you'd like to turn these into a healthy source of resistant starch, simply refrigerate or freeze them once you've finished frying, then re-fry or bake to reheat later on. To prevent them sticking together, spread them out on a chopping board for at least two hours before you stack them on top of each other in a container to freeze.



Luke says...

Some of my earliest childhood memories date back to the late 80s when I was just seven years old. In my household, every Friday without fail was Fish'n'Chips Friday. We would walk to the fish'n'chip shop as a family and the order was always the same: six pieces of battered flake, \$6 worth of chips and 12 potato cakes, giving us two of these golden brown, crispy morsels of deliciousness each.

Now don't get me wrong, the fish was epic, and the chips were the best they could be, wrapped in newspaper and all. But for me, the potato cakes were the main event. There was something so comforting and nourishing about hot, soft slices of potato, coated in the crispiest batter you'd find, salted to perfection, then smeared into the tomato sauce on the paper the chips came in. I cherished Fridays because this food represented the family coming together after a week of our own adventures. I was the youngest in my family with three older brothers. My dad travelled a lot for work and Mum was busy running the house, so when Fridays came along it was a chance for us all to connect over an easy meal that no-one had to prepare. It wasn't just the food either, it was the fact we *always* got a family-sized block of Cadbury Snack and watched a movie together. It was the whole package that connected us. Some weeks we even swapped the family movie for a family game of Monopoly.

There is so much nostalgia for me in our Friday night tradition. Now, fast forward 30 years and I still find potato cakes one of the most soul-nourishing foods. I *had* to put it in my book, healthified to an extent to reflect my current food ethos, but no less crispy, salty, fatty and delicious. I hope my recipe brings you a similar sense of nostalgia or allows you to create new memories.

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