

Eat a Rainbow Recipes

WHITE AND BROWN

Potato Cakes

Makes 8

Ingredients:

2 medium potatoes
½ cup plain flour
½ cup romano-style cheese
Pinch salt
Pepper
Knob of light butter blend or margarine
Extra flour for rolling out
Olive oil for frying

Equipment:

Chopping board and knife
Grater
Measuring cups
Spatula and mixing bowl
Saucepan and frypan
Sieve
Potato masher and peeler
Rolling pin

Method:

1. Peel and dice potatoes. Boil until soft for mashing.
2. Grate the cheese.
3. Add salt, pepper, butter, cheese and flour to the drained potatoes.
4. Mash the combination until smooth and leave to cool.
5. Gather mixture into a big ball. Sprinkle extra flour on the table and with the rolling pin, roll out the mixture to about 2cm thick.
6. Cut into 8 squares.
7. Add oil to hot frypan. Cook potato cakes on one side until brown. Turn over and cook the other side until brown.

