

# mini latke potato pancakes + kid-made persimmon-apple sauce + sour cream



## wash+chop+grate

Let's start with the apple-persimmon sauce! Have your children wash **5 fresh apples** and **5 fresh persimmons**. No need to peel fruits (extra nutrition and fiber is in the skin of the fruit!) Have kids roughly chop OR GRATE all fruit into one bowl. Take out cores/pits and discard. Grate **½ tsp of fresh ginger** and add to the fruit.

## measure+pour

Have kids measure **1 tsp cinnamon\***, **1 tsp nutmeg\***, **1 tsp allspice\*** and **½ tsp of cloves\*** (\*or sub 3 tsp of pumpkin pie spice) and add the spices to the apple/persimmon mixture. Measure and pour **¼ C honey**, **1 T vanilla** to the fruit and **a pinch of salt** on top.

## saute+mash

Carefully pour the fruit mixture into a large sauté pan and summer until the fruit is soft, just starting to break down and the spices are fragrant (about 10 to 20 minutes). Remove the apple-persimmon sauce from the stove and cool before having kids mash the sauce with potato mashers or use your blender.

## grate+squeeze

Potato pancake time! Get a large mixing bowl and place a clean dishtowel in the bottom of the bowl with the towel coming over the side of the bowl. Using a large cheese grater, have kids coarsely grate **2 lbs of russet potatoes** and **1 onion** over the large mixing bowl and on to the clean dishtowel. Take the corners of the dishtowel and bring them together and squeeze out ALL the excess moisture from the onion and potatoes over the bowl. Squeeze like Super-Man and Wonder-Woman never squeezed before! Really, really well! Discard the liquid from the bottom of the bowl.

## snip+crack+mix

Using safety scissors, have kids snip up **2 stalks of green onions** into fine pieces and add to the potato mixture. Crack **1 egg** (or sub 1-¼ C pureed tofu) and add to the bowl. Measure out **2 T of flour** and **a good pinch of both salt and pepper** and add the potato mixture too. Mix together thoroughly.

## fry+dollop+eat

Grow-ups: Pre-heat a griddle or non-stick pan over medium high heat and brush with a **good amount of vegetable oil** (about 4 T of oil total for all the pancakes). Have kids take about 1 to 2 tablespoons of the potato mixture in the palm of their hands and flatten into a patty as best as they can. Make all of the pancake patties at once and set on a baking sheet. Wash hands immediately after forming the potato pancakes. Place a few of the pancakes on the griddle, flatten slightly with a large spatula, and fry for a few minutes until golden and cooked through. Flip the pancake over and brown on the other side. Add more oil after each batch. Let rest on paper towels to drain excess oil and cool. **Serve the warm mini potato Latke pancakes with a big dollop of apple-persimmon sauce and sour cream!** טעים or tasty in Hebrew!

*continued*



Mixing & Measuring & Knife Skills, Oh My!

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### Latkes: Potato Pancake History!

It is nearly Hanukkah time! Latkes or Potato pancakes are commonly associated with the Jewish cuisine of Eastern Europe. However, potato pancakes are not necessarily Jewish in origin. Areas in Poland have some potato pancakes. For example, a favorite Polish dish is called "placki wegierskie" (say that 3 times!); which are potato pancakes stuffed with a thick and spicy Hungarian goulash. Latkes are usually eaten during Hanukkah. The custom came from the fact that there was a preference for eating fried foods during Hanukkah; which celebrates a miracle of light involving oil in the temple lamps of Ancient Israel. There are varieties of latkes such as cheese, apple, spinach, rice, and leek latkes. Potato is the most well know and well loved by all!

### Potatoes!

Scientists think the first potatoes were cultivated about 8,000 years ago by communities of hunters and gatherers near Lake Titicaca - high in the Andes mountains, on the border between Peru and Bolivia. Those first farmers obtained the cultivated potato by domesticating wild potato plants that grew around the lake in abundance. Over the following millennia, people in the Andes developed potato varieties for growing at different altitudes and in different climates.

- ★ **The potato is the world's** fourth most important food crop
- ★ **The average American** eats 126 pounds of potatoes a year
- ★ **Approximately** ½ of all potatoes grown in the US are grown in the state of Idaho
- ★ **The Potato is a vegetable**
- ★ **The Potato** was the first vegetable grown in outer space
- ★ **At a White House dinner in 1802**, President Thomas Jefferson was the first person to serve french fries in the United States.
- ★ **The International Potato Center in Peru** has identified about 4,300 different varieties of potato grown just in the Andes!
- ★ **In 1532 the Spaniards invaded** Peru in search of gold. But the real treasure they took back to Europe was the potato. Over the next 300 years, the potato became a staple crop in Europe and soon founds its way towards India, China and Japan.
- ★ **Potatoes are rich in** carbohydrates, which makes them a good source of energy. They have high content of vitamin C and potassium, and protein that is well matched to human needs.
- ★ **Potatoes are easy to grow** even in harsh environments.
- ★ **Potatoes produce a lot of food** very quickly from a small area of land. Because they grow under the ground, potatoes are also less prone to damage than other crops.
- ★ **The potato plant produces flowers** that turn into small, green berries.
- ★ **Most potatoes** are grown by planting other potatoes.
- ★ **Scientists are now** developing ways of growing potatoes using "true potato seed" - real seeds, obtained from the berries. In every berry there are from 100 to 400 tiny seeds. To grow even more potatoes!

**What do you call a baby potato?** A small fry!

**Why did the potato cross the road?** He saw a fork up ahead!

*continued*



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## Persimmons!

If you bite into a piece of fruit that looks like an orange tomato and your lips pucker because of the bitter taste, you may be chewing on an unripe persimmon. Your reaction would be similar to that of the early settlers of North America. Those settlers found persimmons inedible until the Native Americans told them the fruit would not be ready to eat until the first frost. The settlers assumed this meant the frost was necessary to improve the taste, but the Native Americans meant the fruit should be left on the tree well into October when it was ripe enough to eat.

- ★ The edible fruit of a number of species of trees in the genus *Diospyros* in the ebony wood family (Ebenaceae). The word *Diospyros* means "the fire of Zeus" in ancient Greek.
- ★ Persimmons are native to the Far East. First grown in Japan and China, they are now grown all over the world where the climate is warm enough. Asian Persimmons were introduced to the United States in the 1850s.
- ★ Choose persimmons that are medium to large in size. They should have a uniform yellow to red skin color. Avoid fruit that has cracks or signs of decay.
- ★ Persimmons are a good source of carotenoids, dietary fiber and vitamins A and C.
- ★ Like the tomato, it is not considered a "common berry," but is in fact a "true berry" by definition.



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