



POLISH POTATO PANCAKES (PLACKI)

SERVES 2-3

A traditional Polish dish- super quick, delicious as a winter side dish and great for using up potatoes.



INGREDIENTS

700g potatoes (raw or parboiled)
1 onion
2 cloves of garlic
1 egg
3 tbsp. flour
Seasoning to taste
Olive oil for cooking

ALLERGENS

Contains gluten & egg

DIETARY COMPONENTS

Eggs provide protein, essential for our growth and to help our repair of body tissues and maintenance of hormone levels.

EQUIPMENT

Grater
Mixing bowl
Knife
Chopping board
Garlic press
Tablespoon
Frying pan
Fork
Weighing scales

METHOD

1. Grate the potatoes and place into a bowl.
2. Peel and finely chop the onions and then add to the potatoes.
3. Peel, then crush the garlic and add to the bowl.
4. Crack the egg then beat with a fork, add to potato mix along with the flour. Combine using a spoon.
5. Heat a large frying pan on a medium heat, lightly greasing the pan to avoid the pancakes sticking. Drop 4-5 mounds of the mixture into the pan and flatten to make a small pancake.
6. Cook for 3-4 minutes on each side, until lightly browned and cooked through and serve.