

Recipe

Latkes

INGREDIENTS:

2 cups of potatoes
(shredded)
2 T. flour
3 eggs
1 tsp salt
1 T. minced onion
cooking oil
applesauce OR sour
cream (optional)

**Caution: Always check for allergies
before serving foods. Make
substitutions as needed. Keep children
away from the skillet as you fry the
food.**

DIRECTIONS:

To remember the miracle of the oil during Hanukkah, families often enjoy foods cooked in oil. One favorite is latkes. Latkes are fried potato pancakes. Have children wash their hands so they can help you prepare some latkes. Do any children in your setting recognize the name of the food? If not, encourage them to help make and taste something new today!

Peel and shred two cups of potatoes. Place them in cheese cloth and wring out as much moisture as possible. Combine the eggs, flour, salt, and minced onion in a medium bowl, inviting children to help as much as possible. Mix in the potatoes.

Heat a layer of oil in a large skillet (adult only). Place large spoonfuls of the batter in the oil. (Keep children away during this step.) Use a fork to flatten each mound to about one quarter- to one half-inch thick. Brown on both sides. Drain on paper towels, and serve warm with applesauce and/or sour cream. Talk about how the latkes look, taste, smell, and feel. Remind children that latkes are a traditional Jewish dish.

