

POTATO PANCAKES WITH SMOKED SALMON AND DILL CRÈME FRAÎCHE



INGREDIENTS

Serves approximately 8

Potato pancakes

- 1 handful of sea salt
- 700g (1.5 lb) King Edward potatoes
- 7 eggs (3 whole and 4 whites)
- 55 ml (2 fl. oz) double cream
- 75 g (3 oz) plain flour
- salt and pepper
- 1-2 tbsp vegetable oil

Dill crème fraîche

- 8 tbsp of crème fraîche
- juice of half a lemon
- 3-4 stems of fresh dill, finely chopped

To serve

- 8 slices smoked salmon (2 per person)

METHOD

Potato pancakes

- 1 Preheat the oven to 180°C/350°F/Gas mark 4.
- 2 Generously sprinkle a baking tray with salt, then prick the potatoes and place them on the tray of salt. Bake the potatoes in the oven for 45-60 minutes.
- 3 Once cooked, cut the potatoes in half and scoop out the flesh with a spoon.
- 4 In a separate bowl, mix the cream, whole eggs, and egg whites together, then whisk in the flour until smooth.
- 5 Add the potato flesh and mix thoroughly to produce a smooth, thick mixture. Season with salt and pepper.
- 6 In a non-stick frying pan, heat the vegetable oil and spoon the potato mixture into the pan.
- 7 Cook each pancake for 2-3 minutes on each side or until golden brown and cooked. Depending on the size of the pan, you can cook 2 or 3 pancakes at a time. Ideally, the pancakes should be about 8 cm across and 1 cm high, but you can make them bigger or smaller if you wish. This

recipe will make about 10 pancakes.

Dill crème fraîche

Put the crème fraîche, lemon juice and dill into a bowl. Stir until all the ingredients are well incorporated.

Serve the pancakes hot with smoked salmon on top. Have the dill crème fraîche and black pepper on the table.



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ABOUT POTATOES



To demonstrate osmosis, cut a potato into similar-sized chips. Take two bowls and put the same amount of water into each. To one of the bowls, add two tablespoons of salt and stir until the salt dissolves. Put a few chips into each bowl. Leave for 20 minutes, then check the chips.

Those that have been in the salty water will be soft and floppy. Because water moves from a less salty area to a very salty one, the water escapes from the chips into the salty water. Those in the normal water remain crisp.

- The potato is a relative of tobacco, tomato and chilli plants. It is also part of the Nightshade family and because of this, people in Europe were initially sceptical of potatoes and thought they were poisonous. This led to names such as 'Eve's apple', 'Earth's testicles', and the 'devil's apples'.
- It is most likely that the entire European potato crop in the 1800s originated from only two plants brought back to Europe by the Spaniards. This lack of genetic diversity is one of the probable causes of the devastating potato blight of the late nineteenth century.
- The potato is the fourth most important crop in the world after wheat, rice and corn.
- A potato is not a root, but a tuber. A tuber is the tip of an underground stem that swells as it stores starch and water.
- There are two types of potatoes: waxy and floury. Floury potatoes contain more starch than waxy varieties. Generally, the more yellow the flesh, the waxier the potato. Choose waxy potatoes like Desiree if you want to go for a creamy and smooth mash, or floury ones like King Edward or Maris Piper for a light and fluffy mash.

If you want to learn more about the importance of a variety of food for human nutrition, then you might like to take our science short course, *Understanding human nutrition* (SK183).

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