Potato Parsnip Pancakes with Early Season Applesauce

Potato Parsnip Pancakes

• Using a food processor or hand grater, grate about 2 cups potatoes
  ○ (use yukon golds or something similar).
• Add about 1 cup grated parsnips
• Mix in ½ small yellow onion, diced
  ○ (if you have a lot of moisture at this point, you may want to drain it out using a strainer before proceeding)
• Beat 1 egg and add to the mixture
• In 1 Tbsp amounts, add rice flour or wheat flour until the liquid in the potatoes becomes a thick oatmeal consistency batter
  ○ (you will need to adjust the amount each time you do this, if you add too much the pancakes will be more doughy and less crisp)
• Add a pinch of salt
• Heat grape seed oil or canola oil, about an 1/8 inch in the bottom of your pan
• When the oil is hot, add flattened dollops of pancakes formed in your hands
• Flip when crisp on one side. Add a pinch of salt.
• Remove when done and allow to sit on a towel to absorb some of the oil
• Serve with homemade applesauce.

Early Season Applesauce

• In a large frying pan, add 4 large early blush apples*
  ○ (skin on, cored and cut into sections)
• Add 1 cup water.
• Turn the heat on high and cover with a lid.
• Cook about 10-15 min (until tender)
• Transfer to a food processor or blender and mix until sauce like consistency is achieved.
• Season with 1 Tbsp cinnamon
• 1 Tbsp pure maple syrup

*If you use sweeter varieties of apples, you may not need maple syrup