



Give this great recipe a try! Irish Boxy

Boxty is a pancake made with the Irish diet staple, potatoes. In the 19th century during the Irish potato famine, edible potatoes were scarce, so creative cooks added other more readily available ingredients, such as flour, to the pancakes to “stretch” their food supply. Once traditionally eaten for breakfast, Boxy is now eaten in Ireland throughout the day as a side dish. Sometimes it is seasoned with herbs and garlic, and other vegetables such as cabbage may be added.

INGREDIENTS:

- 1 1/2 cups grated raw potatoes
- 1 cup whole wheat flour
- 1 cup leftover mashed potatoes
- 1 egg
- 1 tablespoon skim milk
- Pinch, baking soda
- Salt and pepper to taste
- 3 ¼ tablespoons oil

DIRECTIONS:

1. Toss the grated potatoes with flour in a large bowl.
2. Stir in mashed potatoes until combined.
3. In a separate bowl, whisk together the egg and skim milk; mix into the potatoes.
4. Season to taste with salt and pepper.
5. Heat the oil over medium-high heat.
6. Drop heaped tablespoons of the potato mixture, forming patties about 2 inches in diameter.
7. Sauté on both sides until golden brown, 3 to 4 minutes per side.
8. Drain on a paper towel-lined plate.
9. Serve warm.

Makes 3 cups (about 24 pancakes)

