

Baked Carrot Latkes

The story of the Chanukah miracle promotes oily food, but for a healthier option, I have baked these latkes instead of frying them.

This is a twist on a traditional favourite but adds flavour, colour and crunch to the final recipe.

The secret is to cook them at a high temperature so that the ingredients go crispy without burning!

Preparation Time: 20 minutes Cooking Time: 20 minutes

Makes: 30 small or 20 large latkes

Ingredients

350g carrots - peeled and coarsely grate

150g potatoes - peeled and roughly chopped

1 onion - peeled and coarsely grated

1 tablespoon cornflour

100g chickpea flour (gram flour or besan)

1 teaspoon baking powder

2 tablespoons za'atar powder

1 tablespoon harissa paste – optional

1 teaspoon salt

1 egg

Garnish with chopped chives

Method

1) Preheat the oven to 220C/425F

2) Using your food processor grate (or by hand, coarsely grate) the carrots, potatoes and onions.

3) Squeeze out any excess liquid with a clean tea cloth.

4) Transfer to a bowl, add the cornflour, chickpea flour, baking powder, za'atar, harissa paste, salt and egg.

5) Mix well so that the spices are evenly distributed.

6) Take about 1 large tablespoon of mixture, flatten it and place on a tray lined with baking parchment paper. It doesn't have to be perfect; those crispy edges are the best!

7) Bake for about 15 minutes, then flip over and bake for 5 more minutes.

Serve with apple sauce, yoghurt, sour cream or tahini dressing and garnish with chopped chives.