

COOKING WITH SAFTA

HANUKAH DELIGHTS

(Latkes & Mikitzi)

INGREDIENTS

Potato Latkes:

4-5 Large Potatoes, 1 egg, ½ cup of flour, salt, and pepper, 1 onion.

Mikitzi: (fried dough):

3 cups of flour, 1 pkg of yeast (or 2 ½ teaspoons) 2 cups of water, salt, powder sugar, oil.

SAFTA'S SECRETS

The beauty of the Mikitzi is that they all come in different shapes and sizes

Be careful when working with boiling hot oil!!!



PROCEDURE

Potato Latkes:

Peel and grate potatoes. Rinse to remove the starch (the potatoes should be bright white), grate into it the onion, add a whisked egg, salt, pepper and mix it all together. In a frying pan heat up oil and scoop a tablespoon full of the mixture and place it on the frying pan. With the back of the spoon flatten it. Fry till its golden and turn it over. Remove it on a paper towel and serve it with either sugar or sour cream.

Mikitzi:

Place the yeast into half a cup of warm water with 1 teaspoon of sugar. Mix and wait for it to be activated and bubble. In a bowl place 3 cups of flour and 1 teaspoon of salt, 1 ½ cups of cold water and the yeast mixture. Mix it all together. Cover and let it rise. Punch the mix down. If it is too sticky you can add a little flour. In a pot have enough oil for deep frying heat the oil. Take small pieces of the dough stretch them (NOT BALLS) drop into the hot oil till they are golden. Remove and sprinkle with powder sugar.