

Cooking Tips From A Kitchen Maven

Latkes are not just potato anymore! Latkes can be made from a variety of fresh, local fruits and vegetables. Today you will be sampling:



sweet potato latkes



zucchini latkes.



carrot-beet latkes

You can also use other vegetables that you frequently find at your local farmers' market or CSA, such as leeks, parsnips, cabbage or apples.

The key to a successful latke, whether potato, zucchini or cabbage, is after grating the vegetable or fruit, squeeze out as much liquid as possible using a cheesecloth or lint-free towel. The more liquid you can extract, the crispier your latkes will be.

Applesauce is a great accompaniment to latkes, but also a yummy treat throughout the year for everyone aged 0-110. I have heard many folks say "oh, I can't make applesauce - it is too hard." Don't despair 😊. Here is a very simple recipe that anyone can make.

My Mom's Applesauce

3-4 lbs. apples, peeled & cut in chunks	4 strips lemon peel
Juice of 1 lemon	1 cinnamon stick
¼ cup dark brown sugar	1/8 – ¼ cup sugar
1 cup water	½ tsp. salt

Bring everything to a boil. Cover and simmer for 30 minutes. Remove cinnamon stick & peels. Mash and enjoy!

Applesauce can be jarred, canned and stored for months.