

DishingWell
Gluten-free Sweet Potato Pancakes
by Elizabeth Tigani
serves 2 (with leftovers!)

Ingredients

Pancakes:

1 Lb sweet potatoes, peeled and diced into 1 in. chunks
5 tablespoons gluten-free flour
2 tablespoons chives, minced
2 tablespoons coconut oil
1 tablespoon butter
1 teaspoon tamari
pinch of cinnamon
pinch of red pepper flakes
sea salt and (lots of) black pepper to taste

Yogurt Sauce:

6 tablespoons Greek yogurt
1 tablespoon extra virgin olive oil
1.5 teaspoons lemon juice
zest of 1 lemon (about 1/2 teaspoon)
sea salt and black pepper to taste

Instructions:

Steam sweet potatoes until tender when pierced with a fork, about 20-25 minutes. Remove potatoes in steamer basket and let sit until cool enough to touch, then place potatoes on a plate between paper towels to absorb moisture. Set aside for 45 minutes or so.

Meanwhile, combine all remaining ingredients for pancakes (besides coconut oil and butter) in one bowl.

In a separate bowl mix all ingredients for yogurt sauce and store in fridge until ready to serve.

Once cool and dry, add sweet potatoes to bowl with other ingredients and mix with hands until blended but not over-handled - the mixture should feel sticky and if still runny, add a drop more flour until desired consistency is reached.

Spoon out potato mixture into heaping tablespoon size balls (think chocolate chip cookie size) and flatten slightly with back of spoon to form disks about 2 inches wide and 3/4 inch thick (it doesn't have to be exact but try to make them the same size to ensure the batch cooks evenly).

Heat coconut oil and butter in saute pan and cook disks in batches, about 4 minutes per side or until golden brown (make sure not to overcrowd or they will steam and not crisp).

Remove from pan and place on plate between paper towels once more to absorb excess oil.

Serve and garnish with a dollop of yogurt sauce and fresh chives.