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Published on *Mark Bittman* (<http://content.markbittman.com>)

Vegetable Pancakes

Book:

Food Matters [1]



Abstract:

A surefire way to get anyone to eat any vegetable, these crisp babies are delicious as a side dish, alone as an appetizer, or served on a bed of greens as lunch. Root vegetables are most common, but you can use whatever looks good to you, alone or in combination: zucchini, yellow squash, winter squash, corn, or chopped scallions; even spinach or chard is good (just cook it, squeeze it dry, and chop it first). And consider tossing in a tablespoon of fresh herbs or spices. Sweet potato and corn benefit from a bit of cilantro, zucchini comes to life with dill, and ginger or cardamom will warm up winter squash beautifully.

Quick Info:

Makes: 4 servings

Time: At least 30 minutes

Ingredients:

About 1 1/2 pounds grated vegetables, peeled first if necessary (3 cups packed), and squeezed dry

1/2 small onion, grated; or 4 scallions

1 egg or 2 egg whites, lightly beaten

1/4 cup white or whole wheat flour, more or less

Salt and freshly ground black pepper

Olive or vegetable oil or butter for greasing the pan

1. Heat the oven to 275°F. Grate the vegetable or vegetables by hand or with the grating disk of a food processor. Mix together the vegetables, onion, egg, and 1/4 cup of the flour. Sprinkle with salt and pepper. Add a little more flour if the mixture isn't holding together.

2. Put a little butter or oil in a large skillet or griddle over medium-high heat. When the butter is melted or the oil is hot, drop in spoonfuls of the batter, using a fork to spread the vegetables into an even layer, press down a bit. Work in batches to prevent overcrowding. (Transfer finished pancakes to the oven until all are finished.) Cook, turning once, until nicely browned on both sides, about 5 minutes. Serve hot or at room temperature.

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Links:

[1] <http://content.markbittman.com/books/food-matters>