

Potato Rosti

Serves 3-4

¼ cup olive or hemp oil
4-5 large potatoes, grated
½ onion, grated or diced finely
¼ cup sliced pickled peppers, hot peppers
or otherwise (optional)
¼ cup grated cheese
Salt and pepper to taste



Local Ingredients:

Hemp Oil
Onions
Peppers
Potatoes



Peel and grate the potatoes, either using a hand grater or a food processor with a grater attachment. Place the grated potatoes in the centre of a clean cotton tea towel, or other piece of cotton designated for this purpose. Pull up the sides of the tea towel and twist the potatoes over a bowl or sink to squeeze out the liquid. If the potatoes are fairly new and fresh, there will be a lot of liquid released. Removing the moisture will result in a crispier Rosti. Place the grated potato in a bowl and add the onion, salt and pepper and mix.

Heat a couple tablespoons of oil in a frying pan over high heat. When the oil is hot, lower the heat to medium and spread one half of the potato mixture over the surface of the pan. Sprinkle the surface with the peppers and cheese, and then cover with the remaining potato mixture. Cook the Rosti for about 10 minutes until golden brown on the bottom. Remove the Rosti from the pan onto a large plate. (Sometimes this works well by placing the plate over the pan and flipping the pan over, leaving the rosti on the plate.) Add more oil to the frying pan and place the uncooked side down into the frying pan, and continue to cook for approximately another 10 minutes until both sides are crisp and golden. Slice into wedges and serve. Great with sour cream and/or homemade sauerkraut!

The finished Rosti should be about 3/4" to 1" thick, so choose the size of frying pan that suits best. A 12-14" pan works well for 4-5 large potatoes.