

Traditional Irish Boxyt
Irish Potato Pancakes with
Sour Cream Sauce



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ST. TAMMANY CANCER CENTER
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For the Sour Cream Sauce

1/2 cup low-fat sour cream
2 Tbsp chopped green onions (about 2 green onions)
1/2 tsp minced garlic
1/2 tsp lemon juice
3 drops hot pepper sauce
1/2 tsp salt
1/4 tsp freshly ground black pepper
1 pinch cayenne pepper

Directions

1. In a small bowl, place the flour, baking powder and salt; set aside.
2. In a large mixing bowl, combine the mashed potatoes with the grated raw potato, then add the flour and mix well.
3. Slowly add the buttermilk and stir gently (do not over mix).
4. The mixture should be like a very firm, thick batter; almost like a dough, so add more buttermilk if needed (I just used 1 cup/8 oz).
5. Heat a griddle or nonstick frying pan over medium-high heat, and add a pat of butter, just before scooping out some of the boxty batter onto the pan.
6. Flatten and shape into a nice, round pancake shape and fry until golden brown on the bottom.
7. Turn and continue to cook until golden brown on top too, turning the heat down if they are browning too quickly (remember there are raw potatoes which need to cook).
8. Continue to add a little butter and fry the boxty until all the batter is finished. Serve hot.

For the Irish Potato Cakes

2 cups (9 oz) all-purpose flour
1 tsp baking powder
1 tsp Kosher or sea salt
1 cup (8 oz) mashed potatoes, boiled in salted water (I prefer Idaho© potatoes)
1 1/2 cups (8 oz) grated, raw potato
1 cup buttermilk (or more if needed)
butter for the griddle

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