

# Curried Sweet Potato Cakes

GLUTEN FREE! - adapted from  
Greatest Ever Potato by Paragon Publishing 2004. You can add green  
chili paste, or other hot ingredient to  
spice these up

2 large	sweet potatoes (I used Japanese Sweet Potatoes, with the white flesh and red skin)
3-4	garlic cloves
2 tbs	wheat free soy sauce
1 tbs	cumin
1 tbs	tumeric
2 tbs	paprika
	pinch of salt
	dash of pepper
	amaranth flour
2 tbs	plus more garlic
	vegetable oil for frying
	sesame seeds for sprinkling on top
	cilantro or parsley sprigs for decoration

In a food processor or using a grater, finely grate peeled and washed sweet potatoes. Add oil, garlic, spices and mix well. Heat oil in a pan, adding just a shallow layer of oil. Roll mixture into balls, coat in flour, and pat into flat pancakes about 1/3" thick. Place in oil over medium heat. Turn once, top with sesame seeds, and drain on towel. Use a nice soy-based sauce or a fruit chutney on your plate.

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# Shopping List

Russian Salad with Sauerkraut

Ingredients	Wieght or Volume	PLU #
beets	1 cup	_____
carrots	1 cup	_____
turnips	1 cup	=====
garbanzo beans	1 cup	_____
sauerkraut	1 cup	_____
green onions (scallions)	3	_____
umeboshi vinegar	1/2 cup	_____
sesame butter (tahini) or sesame meal	1-2 teaspoons	_____

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