



Laura's Recipe Corner

Great Recipes from Laura McKay!

Gluten Free Boxty AKA Irish Potato Pancakes

<http://www.thetomatotart.com/recipe/gluten-free-boxty/>; Modifications in red by Laura McKay, B.S., Health Educator

These gluten free Irish potato pancakes (boxty) are very simple to make. Choose a potato that is not too crumbly or starchy. I like red potatoes here. Be sure to choose potatoes that are all roughly the same size to ensure even cooking. This recipe adapts very well. Try adding crumbly bacon to the mix, or a bit of finely grated Irish cheddar. Green onions are amazing in these too! Have fun and happy St. Patrick's Day.

Makes 8 potato pancake patties (boxty)

3 lbs red potatoes

½ cup sour cream, greek yogurt, or creme fraiche (use coconut milk greek yogurt if dairy sensitive)

2 eggs, lightly beaten

¼ cup gluten free flour mix (I used 3 tablespoons extra fine brown rice flour and 1 tablespoon tapioca starch)

2 tablespoons Gourmet Garden Lightly Dried Parsley (can use lite house freeze dried herbs)

1 teaspoon Gourmet Garden Lightly Dried Chilies (optional)

¼ teaspoon sea salt

¼ teaspoon black pepper

2 tablespoons of butter (use ghee if dairy sensitive)

1 oz Irish cheddar, finely shaved or grated (optional) (omit if dairy sensitive)

Extra lightly dried parsley for garnish



1. Fill a pot with cold water high enough to cover the potatoes by an inch. Bring to a boil over high heat and cook until you can easily pierce the largest potato with a fork. Immediately plunge the hot potatoes into a bowl of ice water. Use your finger to gently push the skin aside and remove all the skins.
2. Mash potatoes with a fork or potato masher, add sour cream and eggs and stir to combine.
3. In a separate bowl, mix flour, parsley, and chilies with salt and pepper and add to the potato mixture. Stir very well to combine. Using your hands, form the potato mix into 8 equal patties.
4. Heat a large cast iron skillet on medium high heat. Add a bit of butter, and as it melts, swirl the pan to spread the butter.

Cook patties on medium high for 4-6 minutes on each side, they should be crusty and golden. Serve with Irish cheddar and herbs.

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