

# CURRY SWEET POTATO PANCAKES

**gluten-free, paleo, dairy-free**

4 cups shredded sweet potato (about 4 small-ish sweet potatoes)  
3 whisked eggs  
1 teaspoon [Herbamare](#)  
1 teaspoon [curry powder](#)  
1/4 teaspoon garlic powder



1. I use my food processor with the S blade to shred my sweet potatoes. Just scrub them, chop them, and throw them in the food processor. I do this in two batches. Then squeeze the shredded sweet potatoes in a clean kitchen towel to remove as much of the water as possible. These are sweet potatoes so not as much water will be squeezed out, but just do your best. *Note:* You can make these with any kind of potato or sweet potato you like.
2. Add the shredded sweet potato and the rest of the ingredients to a bowl and combine.  
*Note:* The salt blend will draw out more of the moisture from inside the sweet potatoes the longer the mixture sits. That's okay.
3. Use a 12 inch frying pan over medium heat and oil to coat the bottom well. I use a pork fat and coconut oil combo.
4. When the oil is hot use a big spoon to drop the mixture into the pan, and then use the spoon to shape it into a circle about 1/2 inch thick and about 3 & 1/4 inches wide. I like to put 5 in the pan at a time, which means that they are pretty close together.  
**THE TRICK IS:** After you spoon them in and pat them into their shape: **DON'T TOUCH THEM AGAIN** for 3 minutes.
5. Flip them after those 3 minutes are up, making sure that there is oil under the second side. (I like to lift and tilt my pan with one hand while holding the cake on the spatula in the other hand.) Add more oil as needed to keep the pan coated. Again **DON'T DISTURB THEM** while the cook on the second side.
6. After they have cooked for 3 minutes on each side, place them on a cooling rack so that the air can circulate around them.
7. Make the rest of the pancakes the same way.