

Root Veg and Ham Rosti

Makes: 8 Rosti

Ingredients

250g carrots, trimmed and peeled
250g swede, skin cut off
1 small onion, peeled
2 large eggs
1 teaspoon grainy mustard
sea salt and freshly ground black pepper
1 cup ham, shredded or diced (optional)
vegetable oil for frying



Directions

1. Bring a large saucepan of salted water to a boil.
2. Coarsely grate and combine the carrots, swede and onion — the quickest route here is a food processor using the coarse grating attachment, picking out any chunky slivers.
3. Add the grated vegetables to the boiling water and blanch for 2 minutes, then drain in a sieve and press out as much liquid as possible using a potato masher.
4. Transfer the grated vegetables to a large bowl and leave to cool to room temperature.
5. You can prepare it to this point an hour or two in advance, in which case cover and set aside.
6. Whisk the eggs with the mustard, mix this into the vegetables and season the mixture.
7. Fold in the ham if wished.
8. Heat a tablespoon of oil in a large, non-stick frying pan over medium heat, and drop heaping tablespoons of the mixture into the pan, gently but firmly pressing each mound down with a spatula to form a patty about 1/2 inch thick with ragged edges.
9. You will probably be able to fit about 3 in the pan at a time.
10. Cook for 2-3 minutes until the underside is golden and crispy, then carefully turn, using a spatula because they are quite delicate, and cook for a couple of minutes longer.
11. Cook the remainder in the same fashion, adding more oil to the pan with each batch or as necessary.
12. You should get 8-9 in all — they can be kept warm in a very low oven if wished.

Recipe from: Low Carb Revolution by Annie Bell