

# Yam and Parsnip Fritters with Spiced Applesauce

## Ingredients

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## Instructions

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Using a box grater, or the equivalent sized grating disc on a food processor, grate the yam and the parsnips. Combine them both in a large bowl. Season with salt and a pinch of white pepper. Toss to combine. Add flour and stir the mixture together well to distribute the flour evenly. Add eggs continuing to stir and mix. In a large saute pan set over medium heat, heat about 1/4" deep of vegetable oil. While the oil heats form the potato mixture into 3-inch rounds that are about 1/2-inch thick. Using a spatula so that the fritter do not fall apart carefully add them to the hot oil, working with 2 or 3 at a time. Fry until golden brown on both sides and cooked through, about 4 minutes per side. Remove to a paper-towel lined plate and season with more salt.

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Repeat this procedure with all of the yam parsnip mixture, adding more oil as necessary. In a small bowl stir the applesauce and Chinese 5 spice powder together. Serve with spiced applesauce, green onions and sour cream.</p>