

A Spanish Potatoe or Parsnip Fritter.

Take two large *Spanish* or *Portugal* Potatoes ; boil, peel, and scrape them ; beat with four Eggs, leave out two of the Whites, a large Spoonful of Cream, and as much Sack as Cream, a little grated Nutmeg : Beat all for one Hour, till they are very light, and fry them in a large Quantity of Lard. The Sauce that is ordered for them, is melted Butter, Sack, and Sugar ; but Lemon and Sugar give more Quickness to the Fritter, and are less apt to disagree with the Stomach. Note, that Parsnips are as good as Potatoes.

Mary Kettlby, *A Collection of Above Three Hundred Receipts in Cookery, Physick, and Surgery: For the Use of All Good Wives, Tender Mothers, and Careful Nurses*, 1734

Adaptation (excluding sauce):

1 lb parsnips
1 whole egg
1 egg yolk
2 Tbs flour (or cornmeal for a gluten free option)
2 Tbs cream
2 Tbs sack/sherry
½ tsp sugar
½ tsp nutmeg
½ tsp salt
Oil for frying

1. Peel parsnips and cut into 1" pieces. Over high heat, bring a medium pot of water to a boil. Add the parsnips to the pot and boil for 10 minutes until easily pierced with a fork. Drain the parsnips and set aside to cool slightly.
2. In a medium bowl, mix together eggs, flour, cream, sack, sugar, and nutmeg.
3. Mash parsnips with a potato masher or a fork until pretty smooth. Add the mashed parsnips to the flour mixture. For a lighter, fluffier parsnip cake, use a hand mixer for 2-3 minutes or until light and fluffy.
4. Heat a medium or large skillet over medium heat. Add fat or oil and heat until shimmering.
5. Spoon fritter batter into the pan, being sure not to overcrowd the pan.
6. Cook 1-2 minutes per side or until golden brown and drain on paper towels



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