

# Baked Cauliflower or Broccoli Latkes (Gluten Free)

Recipe By *Brynie Greisman*



Cooking and Prep:  50  
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Serves:  6

Contains: 

**Preference:** Parve

**Difficulty:** Easy

**Occasion:** Chanukah

**Diet:** Vegetarian, Gluten Free,

Low Fat, Low Carb,

Pescetarian

**Source:** Family Table by

Mishpacha Magazine

**Cuisines:** Ashkenazi

These simple, gluten-free latkes are baked, not fried, and are made starch-free with broccoli or cauliflower in place of the traditional potatoes.

## Ingredients (5)

### Main ingredients

- 1 small onion
- 3 eggs
- 1 teaspoon **Haddar Kosher Salt**

1/4 teaspoon pepper

24 ounces (680 grams) frozen cauliflower or broccoli, semi defrosted

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## Start Cooking

### Prepare the Latkes

Yields 24 latkes.

1. Preheat oven to 450 degrees Fahrenheit (230 degrees Celsius).
2. Mince onion with a kugel blade (the grater piece with rounder holes) and add eggs, salt, and pepper. Change to an S blade and finely chop the cauliflower or broccoli. Mix well.
3. Spray muffin top tins with cooking spray. If you don't have muffin top pans, you can use regular muffin pans filled with a heaping tablespoon of mixture. Fill cavities till the top (latkes will shrink). Spray once more with cooking spray.
4. Bake for 15 minutes. Lower to 425 degrees Fahrenheit (220 degrees Celsius) and bake for about half an hour or until golden brown and crispy.

### Credits

Photography: Daniel Lailah.

Food Styling: Amit Farber.