

# Faux Potato Kugel

Recipe By Rorie Weisberg



**Cooking and Prep:**   
1.5 h

**Serves:**  8

**Contains:** 

**Preference:** Parve

**Difficulty:** Easy

**Occasion:** Shabbat, Passover

**Diet:** Vegetarian, Pescetarian,  
Gluten Free, Sugar Free

**Source:** Family Table by  
Mishpacha Magazine

**Cuisines:** Ashkenazi

Potato kugel is a staple of almost every traditional Shabbos and Yom Tov menu. Let's make it the healthiest way we can! For those who want a lighter option, try this faux potato kugel. It looks and feels like potato kugel, and the taste is delicious enough to make up for the fact that it's not made of potatoes! I recommend making it in individual-sized cups instead of one large pan. Make sure to follow the steps exactly for the best outcome.

## Ingredients (7)

### Main ingredients

- 2 tablespoons **Gefen Olive Oil**
- 1 large onion, diced
- 1 head cauliflower or 1 box pre-chopped fresh cauliflower (not frozen; it won't taste the same)
- 1 yellow zucchini, peeled

- 1 tablespoon red palm oil (or olive oil; I use this because it adds color)
  - 1 teaspoon Celtic sea salt (or regular sea salt)
  - 2 eggs, separated, plus 2 egg whites
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## Start Cooking

### Prepare the Kugel

1. Preheat oven to 375 degrees Fahrenheit (190 degrees Celsius).
2. Place olive oil in a 10-inch (26-centimeter) round pan or divide between a pan of muffin cups. Set aside.
3. Sauté diced onion in palm oil until soft and golden. Allow to cool.
4. Fill a large bowl with cold water and add a few ice cubes. Steam cauliflower florets until lightly steamed, approximately five minutes. Do not over-steam or the final result will be mushy. After steaming, place in ice bath to stop the cooking process.
5. In the bowl of a food processor fitted with the S blade, beat the four egg whites until stiff. Add cooled sautéed onion and blend to a liquid. Remove the S blade and insert the “kugel” grater blade. Grate the slightly steamed cauliflower, then grate the zucchini. Empty contents of processor into a mixing bowl. Add two egg yolks and salt; mix well.
6. Place prepared pan into preheated oven and remove as soon as the oil starts to bubble. Add hot oil to the batter and mix well.
7. Pour batter into prepared pan(s) and bake until golden. Allow to bake for an hour, then check the kugel every 10 minutes until it reaches desired doneness. Thicker kugel takes much longer to bake and will likely be more liquidy.

### Credits

Photography: Hudi Greenberger