

# Fall/Winter Recipe Suggestions

## Sweet Potato Pancakes

2	large sweet potatoes
1	medium white potato
3/4 cup	Milk
2	Eggs
3/4 cup	Flour
2 TBL	Green Onion Chopped
1 tsp	Depot Spice (can be purchased on our website)

### Method

1. Peel potatoes & cut into chunks. Place in large pot, cover with water and 2 tsp. salt, boil until potatoes are tender.
2. Drain and mash potatoes. Let sit and cool.
3. In mixer or by hand combine potatoes, milk, depot spice, flour eggs, and green onion. Let rest in fridge for 15 minutes.
4. Preheat griddle to medium-hot, spray with a non-stick coating
5. Using a #40 scoop. Scoop out mixture onto hot griddle and sauté for 3-5 minutes. Flip, lightly press down if necessary and cook for 3-5 minutes or until golden brown.
6. Let cool and place on 1/4 sheet pan 3 x 10 (30 pieces per pan).
7. Label and freeze until ready to use.

Yield: 40 pancakes

## Carrot Chutney

1	Medium Onion - diced
4 cups	Carrots - shredded
1/2 cup	Cider Vinegar
1 cup	Brown Sugar
1-1/2 tsp.	Ginger - ground
2 Dashes	Allspice - ground
1 TBL	Parsley
1/2 tsp.	Depot Spice
	Dash of Pepper
	Dash of Cinnamon

### Method:

Use a Non-Metallic Pan (Stainless Steel)

1. Mix together all ingredients except Carrots and Parsley. Cook over medium heat for 20 minutes
2. Add Carrots, cook for an additional 20 minutes
3. Remove from heat and add parsley.
4. When cooled place in an air-tight container.
5. Store in the refrigerator for up to 1 month.

Yield: roughly 2 cups

