

Boxty *(Potato Griddle Cake)*

Ingredients

450g (1lb) potatoes

110g (4 oz) plain flour

1 tsp baking soda

Approx 150ml (1/4 pt) milk

1 egg

Salt and pepper



“Boxty on the griddle,
Boxty in the pan,
If you don't eat your Boxty,
You'll never get your man”

Traditional rhyme

Method

Peel and grate the raw potatoes into a clean cloth. Twist the cloth to extract as much liquid as possible. Place the grated potato in a bowl.

Add the salt, pepper, baking soda and flour. Mix with the egg and add just enough milk to make a batter that will drop from a spoon.

Drop by tablespoonfuls onto a hot griddle or heavy based frying pan. Cook over a moderate heat for 3-4 minutes on each side.

Serve the Boxty with butter and honey, or a tart apple sauce or some fried bacon.

Serves 4