

Taro Pancakes with Tamarind Filling

Summary

Yield	Servings
Source	wailana
Prep time	1 hour
Cooking time	30 minutes
Total time	1 hour, 30 minutes

Description

These tofu-and-beet-filled crepes are made from mashed potatoes, making them a good choice if you can't tolerate wheat or grains. Beets are a good source of iron, fiber, potassium, and beta-carotene, which is converted to vitamin A in the body.

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Ingredients

4 c
Chinese taro, peeled and cubed
1 1/2 tspn
Salt
1 tspn
Sugar
3 Tbsp
Compressed tamarind, cooked in water as directed below
1/4 c
Water
2 tspn
Soy sauce
3 tspn
Fresh ginger juice *
1/4 c
Each brown sugar and raw sugar
3/16 tspn
Salt
1 tspn
toasted sesame oil
2 1/2 Tbsp
olive oil

1 2/3 c
Red or yellow onion, finely diced
1 1/4 c
Carrot, cut into small cubes
1 c
Zucchini, cut into small cubes
1 1/2 c
Cauliflower, cut into small pieces
2 Tbsp
Cornstarch mixed with 2 Tbsp. water
2 c
fresh bread crumbs
2 Tbsp
Egg replacer powder mixed with 1/4 cup water

Instructions

1. Steam the taro for 1 hour, or until butter-soft. Try not to stack the taro cubes on top of each other or they will cook unevenly. Remove from the heat and mash immediately. Add the salt and sugar and mix well.
2. Meanwhile, prepare the tamarind. In a small saucepan, combine the tamarind with 1 cup water. Cook until the mixture has reduced to 1/2 cup including seeds. Press through a strainer into a small bowl, scraping the paste from underneath the strainer. Mix 3 Tbsp. of the tamarind paste with the next 6 ingredients. Set aside.
3. Heat 1/2 Tbsp. of the olive oil in a nonstick skillet on medium heat. Sauté the onion and carrot for a few minutes. Add the zucchini and cauliflower and cook covered until the vegetables are tender, adding a little water to prevent burning. Add the tamarind sauce and bring to a boil. Add the cornstarch mixture and stir until thickened. Set aside to cool.
4. Place the bread crumbs on a plate. Combine the egg replacer and water in a bowl and whisk until frothy. Set aside.
5. Divide the taro and the filling into 4 portions each. Flatten a portion of taro into a 5-inch circle in one hand. Put a portion of filling in the middle and wrap the taro around the filling to form a ball. Mold the taro to cover and fill the cracks as much as possible. Roll or brush with the egg replacer mixture, then roll in the bread crumbs. Repeat for the rest.
6. Heat 1 Tbsp. of the olive oil in a large nonstick skillet on medium heat. Place the balls in the skillet and carefully flatten into patties. Pan-fry until golden brown, then turn and cook the other side, adding the remaining tablespoon of oil.

Notes

*To make fresh ginger juice, simply grate some fresh ginger, then manually squeeze the pulp.

Nutritional Information Per Serving:

Calories: 430, Fat 10.2g (92 cal), Carbohydrate 79.4g (318 cal), Protein 5.1g (20 cal)

Added information: Saturated Fat 1.1g, Cholesterol 0mg, Sodium 979mg, Dietary Fiber 7.2g

Source URL: <http://www.wailana.com/lifestyle/recipe/taro-pancakes-tamarind-filling>