



## Irresistible Irish Boxy Potato Cakes + "Guggy Eggs" Omelettes + Irish Breakfast Tea

By Dylan Sabuco

**Prep Time** 20 / **Cook Time** 35 / **Serves** 4 - 6

### Shopping List

FRESH

1 large potato or 2 small potatoes (choose your favorite type)

4 green onions

1 carrot

1 garlic clove or 1/2 tsp garlic powder

EGGS

1 egg **\*\***(for EGG ALLERGY in Boxy sub 1 T flaxseed + 1/4 C warm water—more info below)**\*\***

5 eggs **\*\***(for EGG ALLERGY sub 15 T (about 1 C) refrigerated egg substitute, like Just Egg brand OR use Egg-Free "Guggy" Tofu Scramble recipe)**\*\***

1/2 C cream, optional for tea (half-and-half or coconut creamer)

PANTRY

3/4 C all-purpose flour **\*\***(for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)**\*\***

1 T salt

1 tsp ground black pepper

3/4 tsp ground mustard

1/3 C vegetable oil

1/2 tsp ground black pepper

3 bags decaf breakfast tea

- 1/4 C granulated sugar
- FOR ALTERNATE EGG-FREE RECIPE
- 1 small block of tofu (roughly 1 1/2 C tofu, chopped)
- 2 tsp turmeric or curry powder
- 1 tsp salt + more to taste
- 1/2 tsp ground black pepper
- other spices of your choice (optional)
- 1 drizzle vegetable oil, for sautéing
- HAVE ON HAND
- 4 C water

## Fun-Da-Mentals Kitchen Skills

**chop:** to cut something into small, rough pieces using a blade.

**crack:** to break open or apart a food to get what's inside, like an egg or a coconut.

**fry:** to fry in a pan in a small amount of fat.

**grate:** to reduce food, like a carrot, to very small shreds or pieces of the same size by rubbing it on a tool with an outside surface that has holes with cutting edges (a grater).

**knife skills:** Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**stir:** to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

**bake:** to cook food with dry heat, as in an oven.

**crack:** to break open or apart a food to get what's inside, like an egg or a coconut.

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**whisk:** to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**steep:** to soak a food, like tea, in water or other liquid so as to bring out its flavor.

**chop:** to cut something into small, rough pieces using a blade.

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**sauté:** to cook or brown food in a pan containing a small quantity of butter, oil, or other fat.

**season:** to add flavor to food with spices, herbs, and salt.

**strain:** to separate liquids from solid foods or remove bigger food particles from smaller particles using a perforated or porous device like a strainer, sieve, colander, or cheesecloth.

**taste:** to put a bit of food or drink in your mouth to determine whether more of an ingredient is needed to improve the flavor.

## Equipment

- Skillet
- Large mixing bowl
- Grater
- Cutting board + kid-safe knife
- Dry measuring cups
- Measuring spoons
- Wooden spoon
- Liquid measuring cup
- Pancake turner or heat-resistant spatula
- Oven
- Muffin pan
- Whisk
- Large saucepan
- Large skillet
- Medium mixing bowl
- Strainer

## Ingredients

Irresistible Irish Boxty Potato Cakes

- 1 large potato or 2 small potatoes (choose your favorite type)
- 1 carrot
- 2 green onions
- 3/4 C all-purpose flour **\*\***(for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)
- 2 tsp salt
- 1 tsp ground black pepper
- 1/2 tsp ground mustard
- 1 egg **\*\***(for EGG ALLERGY sub 1 T flaxseed + 1/4 C warm water—more info below)**\*\***
- 3/4 C water
- 1/4 C vegetable oil

### "Guggy Eggs" Omelettes

- 5 eggs **\*\***(for EGG ALLERGY sub 15 T (about 1 C) refrigerated egg substitute, like Just Egg brand OR use Egg-Free "Guggy" Tofu Scramble recipe)**\*\***
- 1/4 C water
- 1 garlic clove, minced, or 1/2 tsp garlic powder
- 1 tsp salt
- 1/4 tsp ground mustard
- 1 T vegetable oil + more for greasing pan
- 2 green onions

### Egg-Free Tofu Scramble

- 1 pkg extra firm tofu (roughly 1 1/2 C tofu, chopped)
- 2 tsp turmeric or curry powder
- 1 tsp salt + more to taste
- 1/2 tsp ground black pepper
- other spices of your choice, optional
- 1 drizzle vegetable oil, for sautéing **\*\***

### Irish Breakfast Tea

- 3 C water

- 1/4 C granulated sugar
- 3 bags decaf breakfast tea
- 1/2 C cream, optional (half-and-half or coconut creamer)

## Food Allergen Substitutions

### Irresistible Irish Boxy Potato Cakes

**Gluten/Wheat:** Substitute gluten-free/nut-free all-purpose flour for all-purpose flour.

**Egg:** For 1 egg, substitute 1 T flaxseed + 1/4 C warm water. Stir and soak flaxseeds in warm water for 5 minutes or until fully absorbed and thickened.

### "Guggy Eggs" Omelettes

**Egg:** For 5 eggs in Omelettes, substitute 15 T (about 1 C) refrigerated egg substitute, like Just Egg brand OR instead of the "Guggy Eggs" Omelettes, use the Egg-Free "Guggy" Tofu Scramble recipe.

### Egg-Free Tofu Scramble

**Soy:** Substitute canola oil or other nut-free high-smoking point oil for vegetable oil.

### Irish Breakfast Tea

## Instructions

### Irresistible Irish Boxy Potato Cakes

#### intro

"Dia Dhuit" (Jee-ah Ghwitch)! That's how you say "Hello" in Irish Gaelic (or just Irish). People in Ireland speak English, but Ireland is rich in culture, and Gaelic is an ancient Celtic language that was common throughout Scotland and parts of Ireland. Boxy Potato Cakes are an Irish classic! You make this recipe by combining grated potatoes and a simple pancake batter to create a crispy snack that will quickly become a new breakfast favorite.

#### wash + grate

Start by washing and grating **1 potato** and **1 carrot** into a large mixing bowl. Squeeze and drain as much liquid from the potato and carrot mixture as possible.

### chop + measure

Next, roughly chop **2 green onions** and add those to the mix of carrot and potato. Then measure **3/4 cup flour**, **2 teaspoons salt**, **1 teaspoon black pepper**, and **1/2 teaspoon ground mustard** and add to the mixture of vegetables.

### crack + mix

Crack **1 egg** into the mixture. Measure **3/4 cup of water** and add that to the mixture as well. Using a wooden spoon, stir the mixture until completely combined.

### pour + fry

In a large skillet, pour in **1/4 cup vegetable oil**. Turn the heat to medium and allow the oil to heat up for a few minutes. Once the oil is hot, add 2 tablespoon-sized scoops of the potato mixture into the pan. Press down on the batter lightly to form a small pancake shape. Fry for roughly 5 minutes each side or until golden brown.

### cool + taste + serve

Remove the potato cakes from the pan and allow them to cool slightly before serving. It's always a good idea to taste fried foods while they are still warm, to check if they need any more salt before serving them.

## "Guggy Eggs" Omelettes

### intro

"Guggy Eggs" are typically made by cooking eggs in a cup until they are soft and still runny on the inside but tender and fluffy on the outside. This recipe will have you create your own "guggy eggs" in the wells of a muffin pan. This fun twist on an Irish egg dish will add another option to your breakfast lineup.

### crack + measure

Start off by cracking **5 eggs** into a large mixing bowl. Then measure **1/4 cup water**, **1 minced garlic clove**, **1 teaspoon salt**, **1/4 teaspoon ground mustard**, and **1 tablespoon vegetable oil** and add those to the bowl.

### chop + whisk

Roughly chop **2 green onions** and add those to the egg bowl as well. Now, whisk until all the eggs are smoothly combined. It should be hard to tell the difference between the egg whites and egg yolks.

### preheat + bake

Preheat your oven to 350 F. Meanwhile, grease a muffin pan with a tiny amount of vegetable oil or cooking spray. Pour the egg mixture into the wells of the muffin pan until they are each 2/3 full. Place the muffin pan in the oven and bake for 15 minutes or until there are no runny eggs left in the pan.

remove + serve

Remove the gummy eggs from the muffin pan and serve alongside your favorite breakfast staples.

## Egg-Free Tofu Scramble

strain + chop

Start by draining all the liquid from **1 pkg extra firm tofu**. You can even squeeze it with a paper towel to get even more liquid out. Then, chop all of the tofu as finely as possible and place in a medium mixing bowl.

measure + season + mix

Next, measure **2 teaspoons turmeric**, **1 teaspoon salt**, and **1/2 teaspoon black pepper** and add them to the bowl of tofu. These 3 ingredients will give the tofu flavor and the color of scrambled eggs. Tofu is great because it can take on many flavors. If you would like to add a spice of your own, do that now. Mix the spices and tofu with a wooden spoon or spatula.

preheat + sauté

In a large skillet, add **1 drizzle of vegetable oil** and turn the heat to medium. After the oil is heated, add the tofu mixture and cook for 10 minutes (or more if your tofu is still wet), stirring often with a wooden spoon.

taste + serve

Make sure that you taste the tofu scramble and add any seasonings accordingly. Enjoy!

## Irish Breakfast Tea

measure + steep

Measure and mix **3 cups water** and **1/4 cup sugar** in a large saucepan and bring them to a boil. Then add **3 bags of decaf breakfast tea**. Remove the pan from the heat and allow the tea to steep for at least 5 minutes.

pour + sip

When the tea bags have steeped long enough for your liking, remove them and discard. Pour the tea warm or serve over ice! If using, ask any of the kid chefs if they would like a few drops of the optional **1/2 cup of cream** in their tea as well. Enjoy!

## Featured Ingredient: Potato!

Hi, my name is Spud! That's my nickname, though. I'm actually a Potato!

"I'm sometimes a bit dirty because I grow down in the soil, but I clean up just fine. You may notice I sometimes have 'eyes' on my skin. That's where I sprout so new potato plants can grow. You can use the

end of a vegetable peeler or a knife to remove those sprouts unless you're going to plant me! We are versatile, starchy vegetables that you can leave whole, slice, dice, shred, or mash and bake, boil, fry, grill, or roast!"

## History & Etymology

Potatoes are the foremost vegetable crop in the world! They are root vegetables native to the Americas. Scientists believe the first potatoes were cultivated about 8,000 years ago by hunters and gatherers near Lake Titicaca—high in the Andes mountains, on the border between Peru and Bolivia.

Those first farmers obtained the cultivated potato by domesticating wild potato plants that grew prolifically around the lake. Over the following millennia, people in the Andes developed potato varieties for growing at different altitudes and in other climates.

In 1532, the Spaniards invaded Peru searching for gold, but they took a different treasure back to Europe: the potato! Over the next 300 years, the potato became a staple crop in Europe and soon found its way to India, China, and Japan. China now grows the most potatoes worldwide.

The potato has been a staple ingredient in the German diet since the 17th century when King Frederick was known to give seeds to citizens and demonstrate how to plant them for food.

Famines occurred in the mid-1700s, and people in Germany realized the importance of potatoes because they could be grown in harsh environments.

Where are most of the potatoes produced in the United States? In Idaho! Approximately one-third of all potatoes in the US are grown there.

The potato was the first vegetable grown in outer space!

President Thomas Jefferson was the first person to serve french fries in the United States (in 1802 in the White House).

Potatoes are so popular that a plastic toy called "Mr. Potato Head" has been sold by Hasbro since 1952. Initially, they sold it as separate parts, like eyes, ears, mouth, hats, etc., that could be attached to an actual potato with pushpins. Due to too many ruined potatoes and new safety rules, in 1964, Hasbro added a plastic potato body with holes to insert the plastic body parts and clothing. The toy was the first to be advertised on television.

The English word "potato" comes from the mid-16th century from the Spanish "patata," which may have been a hybrid of "batata" (sweet potato) from the extinct Taíno language and "papa" (potato) from the Quechua language.

## Anatomy

Potatoes are tubers and are members of the Nightshade family, which also includes tomatoes, eggplants, peppers, and tobacco.

The potato plant has a relatively short lifespan of anywhere from 80 to 150 days, determined by the variety of the potato. Furthermore, according to the International Potato Center in Peru, there are more than 4,000 varieties, with most found in the Andes Mountains!



Potatoes do not grow from seeds like other vegetables and fruits. Instead, they grow from "seed potatoes," which sprout and form roots underground.

During its first stages of life, sprouts form from the eyes of the primary tuber. First, farmers prepare the earth by tilling it in rows that form ridges. Next, they remove stones from the soil to help the potatoes grow in uniform, oval shapes. Then, the seed potatoes are planted and covered with dirt for protection.

Seed potatoes are planted in the Spring so that the warmth from the sun can stimulate the plants to grow. First, roots form from the seed potatoes, and new shoots reach up through the soil toward the warm sun. Soon, green leaves grow on the shoots, establishing the potato plants. Then roots spread underground in the earth, and the potatoes grow from these roots. Potatoes are relatively easy to grow, even in harsh environments.

## How to Pick, Buy, & Eat

Choose potatoes that are smooth, plump, free from blemishes, cuts, and decay, and that don't give when you squeeze them.

Potatoes start getting soft when they go bad, so choose firm potatoes at the grocery store.

Smell potatoes before buying them: they should smell fresh and faintly of dirt since they grow in soil.

Waxy potatoes are best for boiling and steaming, as they contain less starch and won't absorb as much liquid. Examples of waxy potatoes are Yukon gold, fingerling, Carola, LaRette, and Austrian Crescent.

Medium-starch, all-purpose potatoes (red, purple, Onaway, and goldilocks varieties) work well when baked, roasted, fried, and used in soups and gratins.

Russet potatoes are best for frying (such as in hash browns and french fries), as they contain less starch and will get crisper.

Store potatoes in open or hole-punched paper bags (not plastic) to keep air circulating around the potatoes. Plastic bags can trap moisture and cause potatoes to rot quicker. Also, keep the bag in a dark, dry space. Chlorophyll will develop and produce a tell-tale green tinge if you store potatoes in too bright a place. If this happens, a toxic compound called solanine also forms, and it is best to toss any green potato in the garbage.

## Nutrition

Potatoes, with their skin, are rich in carbohydrates and a good source of energy. In addition, they have a high content of vitamin C and potassium, and protein that is well matched to human needs.

One cup of cooked potatoes contains 32 percent of the daily value of vitamin B6. This vitamin is a major antioxidant (antioxidants help clear the body of harmful substances). We need B6 for our brains and hearts, helping us learn and focus better, keep our moods up, and keep our brains sharp. Vitamin B6 is also required to make all new cells in the body, which happens every minute of our lives!

