



### Walnut-Crusted, Broccoli-Speckled Potato Cakes

Featured on October 11, 2019 for “Mollie Katzen’s Moosewood Cookbook” demo with Mollie Katzen

#### Walnut-Crusted, Broccoli Speckled Potato Cakes

From *The Heart of the Plate*, by Mollie Katzen, page 314

Reprinted with permission from Mollie Katzen

Yield: 10 to 12 servings

#### Ingredients

2 cups finely minced broccoli florets and peeled stems (about 6 ounces)  
2 medium russet potatoes (about 1 pound)  
1-2 tablespoons prepared mustard or wasabi paste (less if using wasabi)  
Up to 2 tablespoons minced fresh dill (optional)  
1 teaspoon minced or crushed garlic  
½ cup finely minced scallions  
½ teaspoon salt, or more to taste  
Black pepper  
1 ¼ cups ground walnuts (see note)  
2-3 tablespoons olive oil or grapeseed oil  
A touch of butter (optional)

#### Directions

Put a medium pot of water on to boil. Have the minced broccoli waiting in a strainer or colander perched over a second pot in the sink. When the water boils, pout it over the broccoli to cook slightly, reserving the water. Drain the broccoli well, shaking off all the excess water, then transfer it to a kitchen towel, spreading it out and patting it completely dry. Return the second pot of water to the stove and return the colander to the sink (there’s no need to clean it).

Peel the potatoes, then cut them into 1-inch chunks. Add them to the pot of water, making sure there’s enough water to more than cover the potatoes. Bring it to a boil, then lower the heat and simmer until the potatoes become very soft, about 15 minutes. Use a ladle to scoop out and save about ½ cup of the cooking water, then drain the potatoes into the colander (it’s okay if some water clings).

Return the potatoes to the pot of mash with a hand masher or immersion blender until smooth, adding about a tablespoon of the cooking water if needed. You should have about 1 ½ cups of mashed potatoes.

Transfer the mashed potatoes to a medium bowl. Add the broccoli, mustard or wasabi, dill (if using), garlic, scallions, ½ teaspoon of the salt, and some black pepper. Mix until everything is thoroughly blended, then taste to see if it needs more salt.

Use your hands (wet them, if you like, for easier handling) to form the mixture into 10 3-inch cakes – about ¼ cup apiece.

Place the ground walnuts on a dinner plate. Press each cake gently but firmly into the ground walnuts to generously coat the entire surface on both sides.

Place a large (10- to 12-inch) skillet over medium heat for about a minute. Then add a scant tablespoon of the oil and swirl to coat the pan. If you'd like, you can also melt in a touch of butter. When the oil is hot enough to instantly sizzle a dot of the mixture, turn the heat to medium-low. Fry the cakes in batches (wiping out the pan in between and adding more oil and butter), for 2 to 3 minutes on each side, until the walnuts are golden and crisp all over (but not too dark) and the cakes are heated through. Serve hot or warm.

Notes:

The mustard can be plain yellow or Dijon. It can also be wasabi paste. Needless to say, wasabi will take it into the hot zone, so exercise the mindfulness doctrine of the Tao of Zing.

Grind the walnuts by pulsing them in short spurts in a food processor until they resemble bread crumbs (slightly coarser than polenta).

Keep the finished cakes warm on a baking sheet or an oven proof plate in a 250°F oven as you go.

You can make and coat the patties up to a day in advance, storing them on a plate, tightly covered with plastic wrap, in the refrigerator. You can also finish them completely (frying included) and store them in the refrigerator overnight. Reheat the next day in a toast over (10 minutes at 300°F). Perfect!

These freeze and reheat beautifully after they've been cooked. Defrost thoroughly before reheating.



For more recipes from **Cooking Up History**, visit: [www.s.si.edu/CookHistory](http://www.s.si.edu/CookHistory).

