

# CHEF & CHILD FOUNDATION RECIPE COLLECTION

## REIBEL KUCHEN (POTATO PANCAKES)

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**SERVINGS  
PER RECIPE: 10**



### ORIGINAL RECIPE

#### Ingredients:

2 pounds frozen hash-brown potatoes, thawed  
1 cup whole milk  
1 cup minced onion  
2 eggs  
½ cup all purpose flour  
1 tablespoon salt  
½ tablespoon vinegar  
½ cup vegetable oil

### DIRECTIONS:

1. In a medium bowl, mix the potatoes and milk. Let these soak for 10 minutes.
2. Drain the potatoes and combine with onion, eggs, flour, salt, pepper, garlic powder, cayenne pepper. Mix these ingredients well. Form 10 pancakes, by flattening dough with your hands.
3. In a large skillet, heat oil at a medium high heat. Cook pancakes until golden brown on both sides. Remove from skillet and drain on paper towels.

### ORIGINAL ANALYSIS PER SERVING:

Calories (kcal): 220  
Total Fat (g): 13  
Saturated Fat (g): 2  
Trans Fat (g): 0  
Cholesterol (mg): 40  
Sodium (mg): 750  
Carbohydrate (g): 23  
Dietary Fiber (g): 3  
Sugars (g): 2  
Protein (g): 4  
Vitamin A: 2%  
Calcium: 4%  
Vitamin C: 10%  
Iron: 6%

### THINGS TO CONSIDER:

- Replacing frozen hash-browned potatoes with grated red potatoes and grate reduces the sodium content and helps make a thicker consistency.
- Using 1% milk in place of whole milk use 1% milk reduces the fat and calorie content of the recipe.
- Switching from all-purpose flour to brown rice flour makes the dish gluten-free.
- Substituting whole eggs with egg whites helps to reduce the fat and cholesterol while also increasing the protein.
- Replacing the vegetable oil with Canola oil; vegetable oil adds monounsaturated fats, which have been shown to have health benefits.
- The addition of spices, such as cayenne pepper, black pepper and garlic, helps to increase the overall flavor of the dish.

### MODIFIED RECIPE

2 pounds red potatoes, grated  
1 ½ cups 1% milk  
1 cup onion  
4 egg whites  
½ cup brown rice flour  
1 teaspoon salt  
½ teaspoon pepper  
½ teaspoon garlic powder  
¼ teaspoon cayenne pepper  
½ cup Canola oil

### DIRECTIONS:

1. In a medium bowl, mix the potatoes and milk. Let these soak for 10 minutes.
2. Drain the potatoes and combine with onion, eggs, flour, salt, pepper, garlic powder, cayenne pepper. Mix these ingredients well. Form 10 pancakes, by flattening dough with your hands.
3. In a large skillet, heat oil at a medium high heat. Cook pancakes until golden brown on both sides. Remove from skillet and drain on paper towels.

### MODIFIED ANALYSIS PER SERVING:

Calories (kcal): 220  
Total Fat (g): 12  
Saturated Fat (g): 1  
Trans Fat (g): 0  
Cholesterol (mg): 0  
Sodium (mg): 310  
Carbohydrate (g): 26  
Dietary Fiber (g): 2  
Sugars (g): 3  
Protein (g): 5  
Vitamin A: 2%  
Calcium: 8%  
Vitamin C: 6%  
Iron: 2%



*Special thanks to Vince Blancato for collecting these recipes and Clemson University for providing the nutritional facts. The American Culinary Federation, Inc., established in 1929, is the premier professional organization for culinarians in North America. With more than 20,000 members in 225 chapters nationwide, ACF is the culinary leader in offering educational resources, training, apprenticeship and accreditation. In addition, ACF operates the most comprehensive certification program for chefs in the United States. ACF is home to ACF Culinary Team USA, the official representative for the United States in major international culinary competitions; and to the Chef & Child Foundation, founded in 1989 to promote proper nutrition in children and to combat childhood obesity. For more information, visit [www.acfchefs.org](http://www.acfchefs.org).*