Two Jews Making Food
Episode 8

POTATO KNISHES

INGREDIENTS:

For the dough

3 cups flour, sifted
1 teaspoon baking powder
½ teaspoon salt
1 egg
½ cup water
1 tablespoon white vinegar
⅓ cup vegetable oil

For the filling

1 lb. mashed potatoes
1 large onion , diced
3 tablespoon schmaltz (goose fat)
2 tablespoons vegetable oil
1 teaspoon caster sugar
Salt
Pepper
For the brushing
1 egg, beaten

Instructions

Dough

- Add the flour and baking powder into the bowl of a stand mixer.
- In a bowl, whisk the water, an egg, the vinegar, the salt, and the vegetable oil.
- Pour the prepared liquid mixture over the flour and, using the dough hook, knead until a very elastic dough is formed.
- Cover the dough and place it for 30 minutes in the refrigerator.

Filling

- Peel the potatoes, place them in a saucepan, cover with water and cook covered over medium heat for 25 minutes from the time the water returns to a boil.
- In a non-stick pan, heat the schmaltz and oil.
- Sweat the onions over medium heat until they are tender and golden. Lower the heat, then add the sugar and mix well.
- Sauté for 5 minutes, stirring regularly.
- Drain the boiled potatoes and transfer them to a bowl.
- Add the fried onions and mash using a potato masher.
- Season with salt and pepper. Set aside.

Assembly

- Preheat the oven to 350 F (180°C).
- On a floured surface, roll out the dough, giving it a rectangular shape of 12 x 16 inches (30 x 40 cm). Cut the edges to get a nice rectangle.
- Spread the filling in the shape of a sausage along the entire length of the rectangle 1 to 2 inches (3 or 4 cm) from the edge, then roll the dough on the sausage and pinch the two ends of the tube thus forming to close it.
- Using a knife, form 14 cavities evenly spaced over the entire length of the rod.
- Cut each small roll and pinch the dough with the fingers to close the two ends (like a candy).
- Place the shaped, spaced portions on a baking sheet lined with parchment paper.
- Brush each knish with beaten egg and bake for 30 to 40 minutes until golden.