

Prep Time: 40 minutes
Cook Time: 20 minutes
Total Time: 1 hour

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The Ingredients

For the Potato Shell:

- 2 lbs (about 900g) Russet or Yukon Gold potatoes, peeled and cut into 1-inch chunks
- 1/4 cup all-purpose flour
- 1 large egg, lightly beaten
- 1/2 cup grated Parmesan cheese

- 2 green onions, finely sliced
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/2 tsp smoked paprika
- Salt and freshly cracked black pepper, to taste

For the Savory Filling:

- 1 tbsp olive oil
- 1/2 lb (about 225g) ground beef, ground turkey, or a plant-based alternative
- 1 small yellow onion, finely diced
- 2 cloves garlic, minced
- 1 tsp cumin
- 1 tsp chili powder

- 1/4 cup low-sodium beef or vegetable broth
- 1 cup shredded sharp cheddar cheese (or a mix of cheddar and Monterey Jack)

For Frying:

- 1/2 cup vegetable oil, for shallow frying

For Serving (Optional):

- Sour cream
- Fresh salsa or pico de gallo
- Guacamole
- Fresh cilantro, chopped

The Method: A Step-by-Step Guide

Phase 1: Preparation (Time: 20 minutes | Intensity: Moderate)

1. **Boil the Potatoes:** Place the potato chunks in a large pot and cover with cold, salted water by at least an inch. Bring to a boil over high heat, then reduce the heat to medium and simmer for 15-20 minutes, or until the potatoes are fork-tender. A knife should slide in easily with no resistance.
2. **Drain and Dry:** Drain the potatoes immediately and return them to the hot pot. Let them sit for 2-3 minutes to allow excess moisture to evaporate. This is a crucial step for preventing soggy patties.
3. **Mash:** Mash the potatoes until smooth. You don't want any large lumps, as they will make the patties difficult to form. Let the mashed potatoes cool completely. Placing them in the refrigerator for 15-20 minutes will speed this up and make them easier to handle.

Phase 2: The Savory Filling (Time: 10 minutes | Intensity: Medium)

1. **Sauté the Aromatics:** While the potatoes are cooling, heat 1 tbsp of olive oil in a skillet over medium heat. Add the diced onion and cook until softened and translucent, about 3-4 minutes. Add the minced garlic and cook for another minute until fragrant.
2. **Brown the Meat:** Add the ground meat to the skillet. Break it up with a spoon and cook until it's browned and cooked through. Drain off any excess grease.
3. **Season and Simmer:** Stir in the cumin, chili powder, salt, and pepper. Cook for 1 minute to toast the spices. Pour in the broth, scraping up any browned bits from the bottom of

the pan. Simmer until the liquid has mostly evaporated. Remove from heat and set aside to cool slightly. Once cooled, stir in the shredded cheddar cheese.

Phase 3: Assembly (Time: 15 minutes | Intensity: High - This is the tricky part!)

1. Prepare the Coating: In a small bowl, mix the flour, garlic powder, onion powder, smoked paprika, salt, and pepper. In another bowl, beat the egg.
2. Form the Base: Take about 1/3 cup of the cooled mashed potatoes. Using your hands, flatten it into a patty about 3-4 inches in diameter in the palm of your hand. Create a slight well or indentation in the center.
3. Stuff the Patty: Place about 1-1.5 tablespoons of the meat and cheese filling into the well. Carefully bring the edges of the potato mixture up and over the filling to enclose it completely. Gently press and shape it into a neat, flat patty, about 1/2-inch thick. Ensure there are no cracks or openings, or the filling will leak out during frying.
4. Coat the Patty: Gently dip the patty into the beaten egg, then dredge it in the flour mixture, shaking off any excess. This coating is key to a crispy crust.

Phase 4: Frying & Serving (Time: 15 minutes | Intensity: Medium-High)

1. Heat the Oil: Pour the vegetable oil into a large, heavy-bottomed skillet (cast iron is excellent for this). Heat over medium-high heat until the oil is shimmering but not

smoking. You can test it by dropping in a small piece of potato mixture; it should sizzle immediately.

2. Fry to Golden Perfection: Carefully place 3-4 patties in the skillet, being sure not to overcrowd the pan. Fry for 3-4 minutes per side, or until the patties are a deep, golden brown and crispy.
3. Drain: Using a spatula, carefully transfer the cooked patties to a plate lined with paper towels to drain any excess oil.
4. Serve Immediately: Serve these Stuffed Potato Patties hot, garnished with fresh cilantro and alongside your favorite dipping sauces like sour cream, salsa, or guacamole.

Recipe Notes & Tips

- The Cooling Rule: Do not skip cooling the mashed potatoes. Warm potatoes are too soft and sticky to form into a sturdy patty that can hold the filling.
- Sealing is Key: When forming the patties, make sure the filling is completely sealed inside. Any gaps will lead to a messy pan and a disappointing patty.
- Filling Variations: Feel free to get creative with the filling! Try using leftover chili, shredded chicken with buffalo sauce, or a vegetarian mix of black beans and corn.
- Baking Option: For a healthier version, you can bake the patties. Preheat your oven to

400°F (200°C). Place the coated patties on a baking sheet lined with parchment paper and sprayed with cooking spray. Bake for 15-20 minutes, flipping halfway through, until golden brown and crispy.

Nutrition Information (Estimated)

Please note that this is an estimate and will vary based on exact ingredients used.

Per Patty (Based on 8 servings):

- Calories: 285 kcal
- Protein: 13g
- Carbohydrates: 28g
- Fat: 14g
- Saturated Fat: 5g
- Cholesterol: 60mg
- Sodium: 320mg

- Fiber: 3g

- Sugar: 2g