

DATMEAL - POTATO DATSCH KUCHE

or just DATSCH, is literally "mush-cake" - an old 19th-century

Pennsylvania German way of using up leftovers. Adapted from a recipe by William Wages Weaver, based on what I had on hand.

Heat your oven to 375F and set an 8-inch cast iron skillet in to get warm.

1 cup spelt flour
1/2 tsp baking powder
1/2 tsp baking soda
1/2 tsp salt
1/4 cup sugar

} Whisk together

1/2 cup cooked potato - wash up and rub into the dry ingredients with your hands.

1/2 cup steel-cut oats } stir in

1 egg, beaten until light
1/2 cup buttermilk
2 Tbsp melted butter

} stir in

Butter the hot skillet and dust with wheat bran (or fine breadcrumbs or coarse cornmeal)
Press the batter in.

Top with (sprinkle)
1 Tbsp sparkling sugar (or just plain)
1 Tbsp steel-cut oats
1 tsp flax seed

Bake 25-30 min @ 375°

Eat while hot - good with apple butter!
(But it's good cold too.)

(The original recipe called for oat flour, whole sweet milk, and baking powder only, and for separating the egg.

Next time, I'd rub in the whole butter with the potato instead of melting it.)

(Also, the original recipe was twice this much - but the original didn't fit in my countertop convection/toaster oven, so I didn't have to heat up the kitchen!)

Enjoy -

D. Walker June 2014