



# SOUTHERN STYLE POTATO CAKES WITH PAN-SEARED MUSHROOM GRAVY

Prep Time: 20 minutes  
Cook Time: 30 minutes  
Total time: 50 minutes

Take your leftover mashed potatoes and flip into a traditional southern favorite, smothered pork chops.

## Potato Patty Ingredients

- 2 cups Cold Mash Potatoes
- 2 cups flour (unbleached or gluten-free all-purpose flour)
- 1-3 teaspoon garlic powder
- 1 teaspoon paprika
- 1 teaspoon black pepper
- 1 teaspoon ground thyme
- 1 teaspoon cumin
- 1 teaspoon ground mustard seed
- 1 chopped onion
- 3-4 tablespoons Plant-based butter or oil, for pan-searing
- 1-2 cups of extra flour set aside

## Potato Patty (Dredge) Coating Ingredients

- $\frac{1}{4}$  cup Nutritional Yeast
- Use 1 egg substitution or  $\frac{1}{4}$  cup Aquafaba
- Aquafaba Mixture
- 2 tablespoon vegan butter (room temperature or melted)
- 2 tablespoons chia seeds (optional)
- 1 teaspoon turmeric (optional)

Aquafaba is the thick liquid that results from soaking or cooking legumes, such as chickpeas, in water for an extended period. It's the translucent liquid also found in a can of chickpeas.

## Mushroom (Pork Chop Flavored) Gravy Ingredients

- 2-3 tablespoons extra virgin olive oil
- 1 large green bell pepper, chopped
- 2-3 cups portabella mushrooms
- 1-2 teaspoons rosemary
- Pink salt to taste
- 1 tablespoon vegan Worcestershire Sauce
- 2 teaspoons garlic powder or 2 garlic cloves, minced
- 2 teaspoons liquid aminos (optional)
- 1 teaspoon ground thyme
- 1 tablespoon vegan butter
- 1 tablespoon flour
- $\frac{3}{4}$  cups plant-milk

### Step 1: Prepare Potato Patties

Combine: mashed potatoes, seasoning, chopped onions, and flour in a large bowl; mix evenly. The texture should be a little doughy. Add a little more flour if needed. If you add extra flour, add additional seasoning.

On a baking sheet or large plate, smooth out and form the mixture flat.

Place the modded patties into the fridge for 15-30 minutes.

### Step 2: Prepare Pan-Seared Gravy

While the patties are in the fridge, prepare the gravy.

Heat a large stainless steel or cast-iron skillet over high heat and add the oil.

Carefully toss green peppers into the pan, watching for grease splatters, and cook on high for 3 minutes, until peppers are translucent.

Toss in mushrooms and sear to obtain a golden brown color.

Add rosemary, salt, Worcestershire sauce, thyme, and garlic powder.

Turn mushrooms over, reduce heat to medium, cover, and cook for about 5 minutes.

Remove mushrooms, melt the butter into the pan with the mushroom and green pepper drippings over medium-high heat and add the flour, stirring to cook the flour for a minute or two.

Whisk in the plant-milk a little at a time, continually whisking until everything is combined and smooth.

Place mushrooms back into the gravy mixture.

Simmer until thickened, another minute or two.

### Step 3: Prepare Dredge Mixture and Coat the Potato Patties

Combine: aquafaba, turmeric, vegan butter, and chia seeds; whisk evenly.

Remove the patties from the fridge.

Form the potato cakes into 8 (1/3-cup) patties, about 1/2-3/4 inch thick.

Tip: With a drinking glass, cut and form the potato cakes into perfect circles.

Dredge patties in the egg substitution mixture and coat with nutritional yeast.

### Step 4: Cook Patties

Heat oil in a large skillet over medium-high heat.

Add potato patties to the hot oil. Cook until well browned, turn with a spatula and brown on the other side.

Serve Hot

Pour the gravy over the potato patties and serve with rice or your favorite side dishes.

**Cooking Notes**

You want to use leftover mashed potatoes that are cold. They should be thick and not too creamy.

Flour is used as an essential binder in the cakes. If your mixture ends up being too sticky, feel free to add more flour, but be careful - if you use too much, your cakes will taste more like flour and less like potatoes.

Seasoning to taste.

You can make the patties ahead of time and refrigerate them before frying.

Place parchment paper between layers of the potato cakes to avoid sticking.

For best results, serve right away while they're hot and crispy.