

Irish Potato Cakes (Potato Farls)

A super easy recipe for **Irish Potato Cakes** also known as **Potato Farls**. Yukon gold potatoes are mashed with butter and flour then formed into triangles and fried to perfection. These Potato Cakes are incredibly creamy on the inside and super crispy on the outside, making for an exceptional side dish for almost any occasion.



4.64 from 33 votes

Prep Time

15 mins

Cook Time

30 mins

Total Time

45 mins

Course: Breakfast, Side Dish Cuisine: Irish Keyword: irish potato cakes, potato farls

Servings: 8 Calories: 220kcal Author: Joanna Cismaru

Equipment

- Potato Ricer

Ingredients

Potato Cakes

- 2 pounds potatoes such as Russets or Yukon gold
- 1 cup all-purpose flour
- ½ teaspoon salt or to taste
- ½ teaspoon black pepper freshly ground
- 3 tablespoons butter

For Frying

- 3 tablespoons butter

Instructions

1. Make sure all the potatoes are cut into equal size pieces so that they all cook at the same time. Place the potatoes into a large pot and fill it with cold water, enough to fully cover the potatoes. Add about 1 tsp of salt to the water and stir.
2. Bring the potatoes to a boil over high heat, then reduce the heat to a medium and cook for about 15 minutes or until the potatoes are fork tender.
3. Drain the potatoes. Put the potatoes through a potato ricer, press them through a sieve or simply use a potato masher to get them as fluffy as possible.
4. To the mashed potatoes add the flour, 3 tablespoons of butter, salt and pepper and mix thoroughly until you form a dough.
5. Flatten the dough into an 8-inch disk on a lightly floured surface, about 1-inch thick then cut into 8 triangles, like cutting a pizza.
6. Melt remaining 3 tablespoons of butter in a large skillet. Add the potato cakes and cook for about 4 to 5 minutes per side, over medium heat, until gold and crispy.

Notes

1. If using leftover mashed potatoes, I'd recommend taking them out of the fridge for about 20 minutes before combining with butter, or use really soft or melted butter.
2. You may need to adjust your flour amount. For example, if you live in a dry climate, you may require less.
3. If preferred, you can use half mashed and half shredded potatoes.
4. Leftover cooled potato cakes can be refrigerated for up to **2 days** in an airtight container.
5. Let the potato cakes cool completely, then place in an airtight container or freezer bag for up to **3 months**. You can also flash freeze them first by placing them on a baking sheet and freezing until solid. Then simply wrap them up or just place them in an airtight container and freeze.
6. Thaw the frozen potato cakes in the refrigerator overnight, then simply follow the instructions to fry them.

Nutrition

Serving: 1 cake | Calories: 220kcal | Carbohydrates: 32g | Protein: 4g | Fat: 9g | Saturated Fat: 5g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 2g | Trans Fat: 1g | Cholesterol: 23mg | Sodium: 154mg | Potassium: 498mg | Fiber: 3g | Sugar: 1g | Vitamin A: 265IU | Vitamin C: 22mg | Calcium: 19mg | Iron: 2mg