

Crispy Sweet Potato Fritters with Whipped Ricotta, Honey & Pistachio Crunch

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TIME

3 to 4 min

METHOD

Air fryer

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Recipe Card

SAVE

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INGREDIENTS

For the fritters:

- 2 medium sweet potatoes, peeled and shredded
- 2 large eggs
- 1/3 cup all-purpose flour
- 1/4 cup grated Parmesan cheese
- 2 green onions, thinly sliced
- 1/2 teaspoon garlic powder
- 1/2 teaspoon smoked paprika

Salt, to taste

Black pepper, to taste

2 to 3 tablespoons olive oil, for frying

For the whipped ricotta:

- 1 cup whole milk ricotta
- 2 tablespoons cream cheese or Greek yogurt
- 1 tablespoon olive oil
- Pinch of salt
- Pinch of black pepper

For topping:

- 2 to 3 tablespoons honey
- 1/4 cup chopped pistachios
- Extra green onion or fresh herbs, optional

DIRECTIONS

- 1.** Prep the sweet potatoes: Peel and shred the sweet potatoes using a box grater or food processor. Place the shredded sweet potatoes in a clean kitchen towel and squeeze out as much excess moisture as possible. This step is important for getting the fritters crisp.
- 2.** Mix the fritter batter: In a large bowl, combine the shredded sweet potatoes, eggs, flour, Parmesan, green onions, garlic powder, smoked paprika, salt, and pepper. Stir until everything is evenly mixed and coated.
- 3.** Make the whipped ricotta: Add the ricotta, cream cheese or Greek yogurt, olive oil, salt, and pepper to a food processor. Blend until smooth and fluffy. If you do not have a food processor, you can whisk it vigorously by hand for a softer, rustic texture.
- 4.** Fry the fritters: Heat olive oil in a large skillet over medium heat. Scoop portions of the sweet potato mixture into the pan and flatten gently into small rounds. Cook for about 3 to 4 minutes per side, or until golden brown and crisp on the outside. Transfer to a paper towel-lined plate.
- 5.** Assemble and finish: Arrange the warm fritters on a serving plate. Add a generous spoonful of whipped ricotta on top of each one, then drizzle with honey and sprinkle with chopped pistachios. Add extra herbs or green onion if you want a fresh pop of color.

SWAPS & NOTES

This recipe is flexible enough to work with a few easy

substitutions.

If you want a gluten-free option, use a one-to-one gluten-free flour blend.

If you do not have Parmesan, a little crumbled feta can add a

saltier, tangier flavor to the fritter mixture.

For the whipped ricotta, Greek yogurt can help lighten the texture while still keeping it creamy.

TIPS FOR SUCCESS

The most important step is removing as much moisture from the shredded sweet potatoes as possible.

Too much liquid can make the fritters soggy instead of crisp.

Do not overcrowd the skillet while frying.

Give each fritter enough room so the edges can crisp properly.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/crispy-sweet-potato-fritters-with-whipped-ricotta-honey-pistachio-crunch/>