

Potatoes

HOW TO CHOOSE AND STORE

Potatoes come in all sizes. A “new potato” is harvested from the vine while the leaves are still green. They are thin-skinned and haven’t developed as much starch. They are also usually smaller. New potatoes are perishable; use them within a few days of purchase and store them in a cool, dark, and dry place. Late season potatoes store better, but, similarly, do best in a cool dark area (not the fridge). Choose firm potatoes with no sprouting.



HOW TO USE AND EAT

Potatoes are a staple in many cultures, and often make for a delicious and hearty side dish. They can be baked, boiled, roasted, fried, or dehydrated, to name a few popular techniques. Potatoes can also be found in soups, stews, curries, and other dishes. And, famously, they are the main ingredient in poutine, hashbrowns, home fries, tater tots, and mashed potatoes.

BOILED POTATOES WITH GARLIC

- 1 ½ lbs new potatoes (thin skin, no need to peel)
- 4 cloves of garlic
- 2 tbsp butter or margarine or olive oil
- A few sprigs of fresh herbs, like dill, parsley, basil, and/or chives
- Sea salt and pepper to taste

Wash potatoes and cut in half if larger than bite-sized. Peel garlic cloves and slice each clove into 2-3 slices. Bring a large pot of salted water to a boil. Add potatoes and garlic, and then boil until potatoes are tender when poked with a fork, about 12-14 minutes. Be careful not to over-cook them. Next, drain potatoes and garlic well and place in a bowl. After chopping your herbs, stir in butter and herbs to coat potatoes and season with salt & pepper to taste.

OVEN FRIED POTATOES

- 3 medium russet potatoes, about 1½ lbs, scrubbed and dried
- 3 tbsp olive oil or a neutral tasting oil
- 2 tsp salt and an (optional) pinch of cayenne pepper

Preheat oven to 450 F. Leaving peel on, cut potatoes into wedges, about ¾” to 1” wide. Combine all ingredients on a baking sheet and toss. Arrange potatoes in a single layer, evenly spaced, with a cut side in contact with the pan. Bake until golden brown and cooked through, about 30 mins. Slip a spatula under the potatoes to turn over and cook for 5 mins more. Transfer potatoes to a serving dish and serve.

ROASTED BREAKFAST POTATOES AND PEPPERS

- 5 lbs red potatoes, roughly chopped/diced
- 4 cloves garlic, minced
- 1 onion, chopped
- 1 green bell pepper and 1 red bell pepper, seeded and chopped
- ¼ cup olive oil
- ½ stick butter, melted
- ½ teaspoon cayenne

Preheat oven to 425 F. In a large bowl, toss together the potatoes, garlic, onion, green bell pepper, red bell pepper, olive oil, butter, cayenne pepper and some salt and pepper. Move onto a baking sheet and bake for 20 to 25 minutes, shaking the pan twice. Raise the heat to 500 degrees and bake until crisp and brown, 10 to 15 minutes. Sprinkle with a little more salt and pepper before serving. Yields 6 to 8 servings.