

Chef

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potatoes basics





potatoes basics

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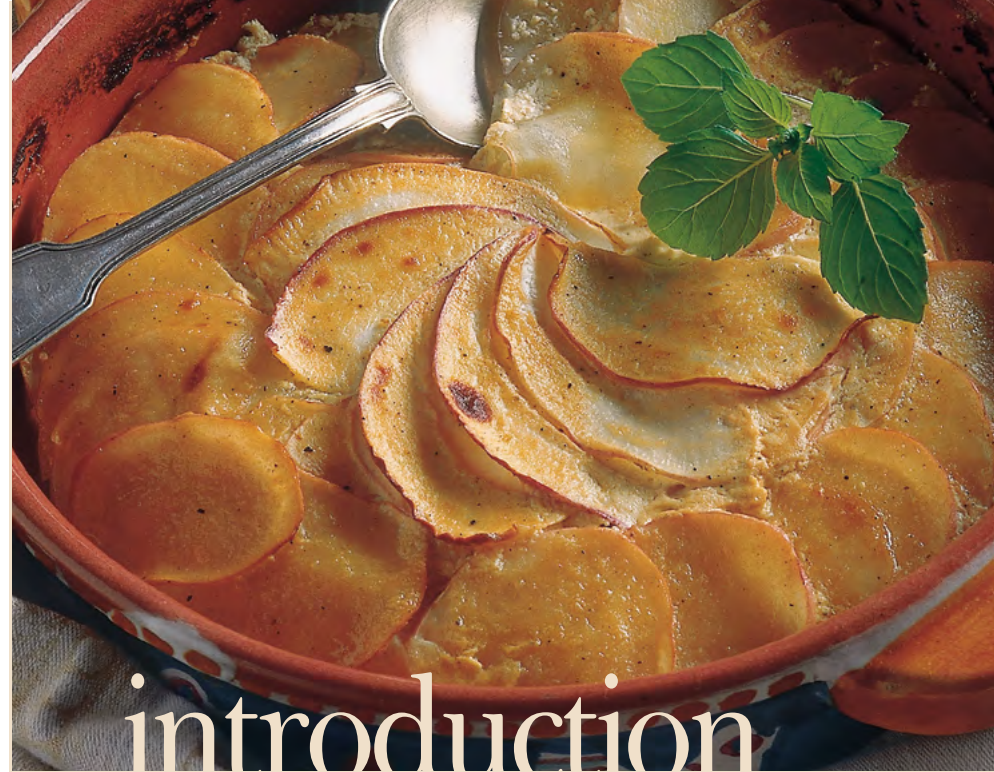
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introduction

There is no denying that potatoes are one of the most popular vegetables around the world. They lend themselves to nearly any means of preparation – be it mashed, fried, roasted, baked, boiled or grilled. Potatoes can be served at any time of the year, both as a light summer salad or a comforting winter soup.



potatoes

basics



Types of potatoes

Starchy

These include Russets, Sweet Potatoes and Yams. They are high in starch and low in moisture. They are perfect for frying, baking, mashing and boiling.

Waxy

These include most of the red potato varieties. They are low in starch, high in sugar and moisture, and tend to be smaller and rounder than other types. After cooking, they hold their shape better than starchy potatoes. They taste delicious when boiled or roasted.

All-Purpose

These include all of the white potato varieties, as well as the purple ones. They are less starchy than Russets and Sweet Potatoes, but still hold their shape after cooking. Their texture is fluffy and absorbent, making them suitable for most dishes. They make the ideal candidates for preparing mashed potatoes.

Storage tips

- Potatoes can last longer and retain their quality when stored correctly. They should be kept away from sunlight in a dry location that is well ventilated.
- You can place them on wicker baskets, netted bags, cardboard boxes, bowls or paper bags. Avoid using plastic bags.
- Be sure not to wash the potatoes before storing. The exposure to moisture can lead to rot later on.

Cooking tips

- To boil potatoes, cover them with cold water, add salt and reduce to a simmer.
- Potatoes will taste watery and mushy if you don't drain them well after cooking.
- When using butter, let it come to room temperature before melting it into the hot potatoes.

Difficulty scale

■ □ □ | Easy to do

■ □ □ | Requires attention

■ ■ ■ | Requires experience

baked jacket potatoes

■ □ □ | Cooking time: 1 hour - Preparation time: 10 minutes

ingredients

> 4 medium or large potatoes
–depending on how hungry
you are and what else you
will be having for your meal

traditional topping

> 2 spring onions
> 4 tablespoons sour cream
or natural yogurt
> 4 tablespoons grated
cheese

method

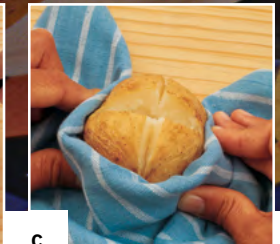
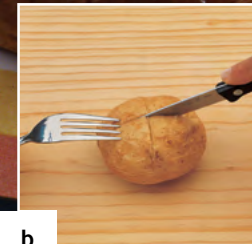
1. Preheat oven to 200°C/400°F/Gas 6.
2. Scrub potatoes under cold running water to remove all dirt. Pierce skin of potatoes several times with fork (a).
3. Place potatoes on baking tray. Bake for 1 hour or until cooked.
4. Cut a cross in top of potatoes (b). Hold either end of each potato with clean cloth and push up (c). Set aside.
5. To make topping, cut bulb from spring onions. Remove outer leaves. Chop.
6. Top each cut potato with 1 tablespoon sour cream or yogurt. Sprinkle with 1 tablespoon cheese and some spring onions.

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Serves 4



junior chef says

Leftover chili is a delicious and nutritious topping for baked potatoes.



a

b

c

béarnaise

roast beef



■ ■ □ | Cooking time: 45 minute – Preparation time: 20 minutes

method

1. Tie beef with string to hold it in shape during cooking. Roll in combined pepper, cardamom and garlic (a).
2. Heat oil in a baking dish, add beef, bake in hot oven for 20 minutes or until cooked as desired, turning beef occasionally. Allow to cool, serve sliced with Béarnaise sauce and stuffed potatoes.
3. To make Béarnaise sauce, simmer vinegar and lemon juice in a small saucepan until reduced to 2 tablespoons, cool. Blend or process egg yolks and vinegar mixture until frothy. With motor running gradually drizzle in hot melted butter (b). Stand, covered, at room temperature.
4. To make stuffed potatoes, cut top from potatoes, reserve. Scoop flesh from center, mash well with a fork, stir in sour cream, spring onions, cumin and cheese. Spoon back into potatoes (c), replace lids. Bake in moderate oven for 20 minutes or until heated through.

ingredients

- > 1 kg/2 lb beef eye fillet, trimmed of fat
- > 1 tablespoon cracked black peppercorns
- > 2 teaspoons ground cardamom
- > 2 cloves garlic, crushed
- > 2 tablespoons oil

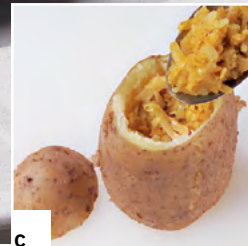
béarnaise sauce

- > 1½ tablespoons tarragon vinegar
- > 1½ tablespoons lemon juice
- > 5 egg yolks
- > 250 g/½lb butter

stuffed potatoes

- > 8 potatoes, cooked
- > ½ cup sour cream
- > 4 spring onions, finely chopped
- > 1 teaspoon ground cumin
- > ¼ cup grated mature Cheddar cheese.

.....
Serves 8



cheesy scalloped potatoes

■ □ □ | Cooking time: 80 minutes - Preparation time: 10 minutes

ingredients

- > 3 large potatoes
- > 1 small onion
- > 30 g/1 oz butter
- > Vegetable oil
- > Freshly ground black pepper
- > 1¼ cups/315 ml/10 fl oz milk
- > 60 g/2 oz tasty cheese (mature Cheddar)

method

1. Preheat oven to 180°C/350°F/Gas 4.
2. Scrub potatoes under cold running water to remove all dirt, slice thinly (a). Peel onion, chop. Chop butter. Set aside.
3. Brush ovenproof dish with oil. Place a layer of potatoes in baking dish. Sprinkle with some onion (b) and black pepper. Top with a few pieces of butter. Repeat layers until all potato, onion and butter are used.
4. Place milk in saucepan. Stirring all the time, bring almost to boiling over a low heat.
5. Carefully pour milk over potato mixture (c).
6. Grate cheese. Sprinkle over potatoes.
7. Bake for 1-1¼ hours or until potatoes are tender.

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Serves 4



junior chef says

If you like garlic, finely chop one or two cloves and use them instead of onion... or along with it!





chicken curry

with spiced lentils

■ □ □ | Cooking time: 35 minutes - Preparation time: 15 minutes

method

1. Heat oil in a saucepan over a medium heat, add garlic, coriander, turmeric and cardamom and cook, stirring, for 2 minutes. Add chicken and cook, stirring, for 4 minutes or until brown.
2. Add stock, coconut milk, potatoes and red pepper and mix to combine. Bring to the boil, then reduce heat and simmer for 20 minutes or until potatoes are tender and curry thickens. Stir in garam masala.
3. To make lentils, heat oil in a frying pan over a medium heat, add chilies, ginger, mustard seeds, cumin and coriander and cook, stirring, for 2 minutes.
4. Add lentils and stock and cook for 5 minutes longer or until stock is absorbed. Serve with yogurt.

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Serves 6

ingredients

- > 2 teaspoons oil
- > 2 cloves garlic, crushed
- > 1 teaspoon ground coriander
- > ½ teaspoon ground turmeric
- > ½ teaspoon ground cardamom
- > 3 boneless chicken breast fillets, sliced
- > 2 cups/500 ml/16 fl oz chicken stock
- > 1¼ cups/315 ml/10 fl oz coconut milk
- > 6 potatoes, chopped
- > 1 red pepper, chopped
- > 2 teaspoons garam masala

spiced lentils

- > 2 teaspoons oil
- > 2 fresh green chillies, chopped
- > 1 tablespoon grated fresh ginger
- > 1 tablespoon yellow mustard seeds
- > 1 tablespoon ground cumin
- > 3 tablespoons chopped fresh coriander
- > 500 g/1 lb green lentils, cooked
- > ½ cup/125 ml/4 fl oz vegetable stock
- > ½ cup/100 g/3½ oz natural yogurt

tip from the chef

This curry can be made the day before and reheated when required. You may like to include slices of cucumber with the yogurt which accompanies this dish to cool the heat of the seasoning.



chicken pot pie

■■■ | Cooking time: 50 minutes - Preparation time: 45 minutes

ingredients

- > 60 g/2 oz butter
- > 1 large onion, chopped
- > 4 chicken breast fillets, cut into 2 cm³/₄ in cubes
- > 2 potatoes, cut into 1 cm¹/₂ in cubes
- > 2 large carrots, cut into 1 cm¹/₂ in cubes
- > ¼ cup/30 g/1 oz flour
- > 1 cup/250 ml/8 fl oz dry white wine
- > 3 cups/750 ml/1¼ pt chicken stock
- > 1 cup/250 ml/8 fl oz cream (double)
- > 2 tablespoons tomato paste (purée)

herbed scone topping

- > 2 cups/250 g/8 oz self-raising flour, sifted
- > 1 teaspoon dried mixed herbs
- > 30 g/1 oz grated fresh Parmesan cheese
- > 30 g/1 oz butter, chopped
- > 1 cup/250 ml/8 fl oz milk

method

1. Melt butter in a large frying pan and cook onion, stirring, over a medium heat for 3-4 minutes or until onion is soft. Add chicken and cook, stirring, for 3 minutes longer.
2. Add potatoes and carrots and cook, stirring, for 8-10 minutes. Stir in flour, then wine, stock, cream and tomato paste (purée), and bring to simmering. Simmer for 10 minutes then transfer mixture to a casserole dish.
3. To make topping, place flour, herbs, Parmesan cheese and butter in a food processor and process to combine. With machine running, add milk and process to form a sticky dough. Turn dough onto a lightly floured surface and knead until smooth. Press dough out to 2 cm/aa in thick and, using a scone cutter, cut out rounds and place on top of casserole.
4. Bake at 200°C/400°F/Gas 6 for 20-25 minutes or until topping is cooked and golden, and casserole is hot.

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Serves 4

tip from the chef

A delicious herb topping is an imaginative alternative to potatoes in this cobbler-style recipe. Serve with a green vegetable, such as beans, spinach or cabbage, for a complete meal.



chargrilled lamb with mint pesto

■ ■ □ | Cooking time: 60 minutes – Preparation time: 25 minutes

method

1. Preheat oven at 180°C/350°F/Gas 4. Season lamb with salt and freshly ground pepper to taste and set aside.
2. Lightly grease an ovenproof dish with butter and arrange the potato slices in overlapping rows in the dish, seasoning between each layer with salt and pepper, garlic and nutmeg.
3. Mix the flour and Parmesan cheese into the cream and pour over the potatoes. Sprinkle with extra Parmesan cheese, then bake for 40-45 minutes or until potatoes are cooked.
4. To make the pesto: place the mint, parsley, garlic, pine nuts and cheeses in the bowl of a food processor, and process until finely chopped. Add the olive oil in a steady stream with the processor still running. Season with salt and pepper then set aside.
5. Preheat the chargrill plate (or pan), and grease lightly with a little oil. Chargrill the lamb on both sides for approximately 5-10 minutes or until done to your liking.
6. Serve the lamb sliced diagonally, on a bed of creamy potatoes with the mint pesto.

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Serves 4-6

ingredients

- > 4 lamb backstraps (450 g/1 lb in total)
- > salt and freshly ground black pepper

creamy potatoes

- > 500 g/1 lb potatoes, thinly sliced
- > salt and freshly ground black pepper
- > 1 garlic clove, crushed
- > 1 teaspoon nutmeg
- > 1 tablespoon plain flour
- > 1/3 cup/40 g/1 1/3 oz Parmesan cheese, grated
- > 1 cup/250 ml/8 fl oz cream
- > 2 tablespoons Parmesan cheese, grated (extra)

mint pesto

- > 1 cup/60 g/2 oz mint leaves
- > 1/2 cup/30 g/1 oz parsley leaves
- > 2 cloves garlic
- > 1/2 cup/90 g/3 oz pine nuts, toasted
- > 3 tablespoons Parmesan cheese, grated
- > 3 tablespoons pecorino cheese, grated
- > 1/3 cup/85 ml/2 1/2 fl oz olive oil

tip from the chef

Mint goes perfect with lamb. And green mint is the most suitable for this recipe.



creamy

chicken with sweet potato

■ ■ □ | Cooking time: 50 minutes - Preparation time: 20 minutes

ingredients

- > 3 tablespoons oil
- > 8 chicken thighs
- > 3 tablespoons plain flour
- > 2 onions, sliced
- > 1 tablespoon mild curry powder
- > 1 teaspoon brown mustard seeds
- > 250 ml/8 fl oz dry white wine
- > 250 ml/8 fl oz chicken stock
- > 440 g/14 oz canned tomatoes, chopped
- > 500 g/1 lb sweet potato, cut into 2.5 cm/1 in cubes
- > 2 cloves garlic, crushed
- > 3 tablespoons finely chopped fresh basil
- > 2 tablespoons mayonnaise
- > 2 tablespoons sour cream

method

1. Heat oil in large saucepan. Toss chicken pieces in flour (a). Add to pan and cook over medium heat until browned (b). Remove from pan and drain on absorbent paper. Set aside and keep warm.
2. Add onions to pan, cook over low heat for 5 minutes or until soft. Stir in curry powder and mustard seeds, cook for 2 minutes stirring continually. Stir in tomatoes, wine (c), and stock, bring to boil, then reduce heat.
3. Return chicken to saucepan and add sweet potato. Simmer, covered, for about 30 minutes or until chicken is cooked and potato is tender. Combine garlic, basil, mayonnaise and sour cream in small bowl. Add to saucepan (d), stirring over low heat until just warmed through. Season to taste.

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Serves 4



tip from the chef

The combination of chicken and sweet potato with a hint of curry makes a delicious family meal.



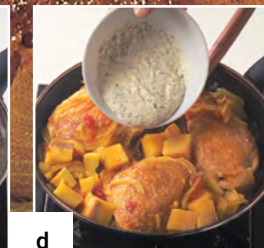
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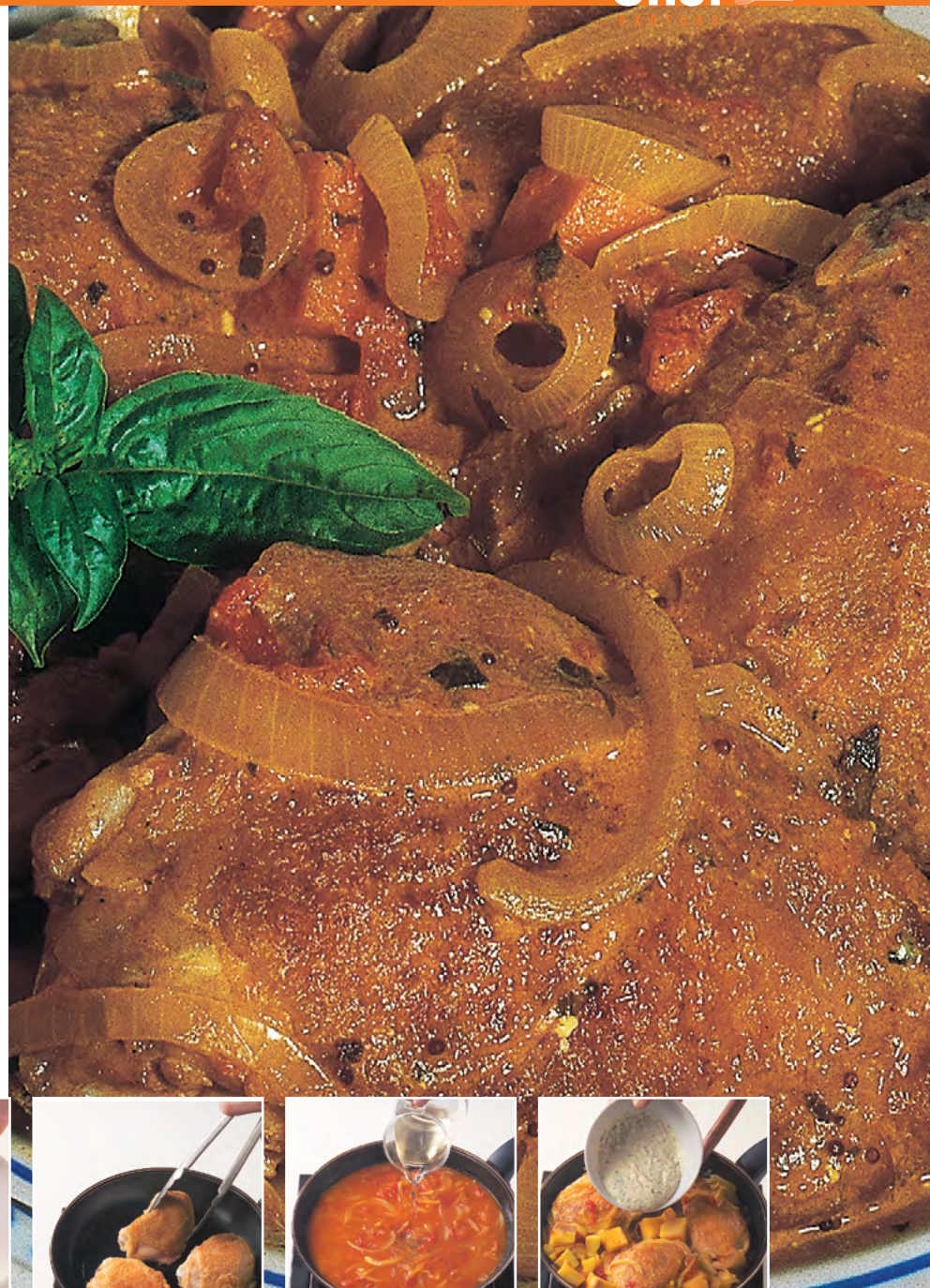
b



c



d



creamy

leek and potato soup



a



b



c

■ □ □ | Cooking time: 1 hour – Preparation time: 15 minutes

method

1. Heat oil in a saucepan over a medium heat. Add leeks and onion and cook (a), stirring occasionally, for 10 minutes or until golden and tender.
2. Add potatoes and stock (b) and bring to the boil. Reduce heat and simmer for 20-30 minutes or until potatoes are tender. Remove pan from heat and set aside to cool slightly.
3. Using a mixer process soup in batches (c) until smooth. Return soup to a clean saucepan and bring to the boil. Reduce heat, stir in cream and black pepper to taste and simmer for 15 minutes. Just prior to serving, stir in chives.

ingredients

- > 2 tablespoons vegetable oil
- > 2 leeks, white part only, thinly sliced
- > 1 onion, chopped
- > 500 g/1 lb potatoes, chopped
- > 4 cups/1 liter/1¾ pt chicken stock
- > 1¼ cups/315 ml/10 fl oz cream
- > freshly ground black pepper
- > 2 tablespoons chopped fresh chives

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Serves 4-6

tip from the chef

To prepare and clean leeks, trim green tops, remove outer leaves and bottom, cut white part in half lengthways and rinse in cold water to remove any grit and dirt.



ginger sweet potato quiche

■ ■ □ | Cooking time: FALTA

ingredients

> 200 g/6½ oz prepared shortcrust pastry

sweet potato filling

> 1 kg/2 lb sweet potatoes, peeled and chopped

> 30 g/1 oz butter

> 1 fresh red chili, chopped

> 1 tablespoon finely grated fresh ginger

> 2 teaspoons ground cumin

> 1 cup/250 g/8 oz sour cream

> 3 eggs, lightly beaten

> 2 tablespoons chopped fresh coriander leaves

method

1. Roll out pastry to 3 mm/1/8 in thick and use to line a greased, deep 23 cm/9 in tart tin. Chill for 30 minutes, then prick base and sides of pastry case with a fork, line with nonstick baking paper and fill with uncooked rice. Bake at 200°C/400°F/Gas 6 for 6 minutes, then remove rice and paper and bake for 4 minutes longer or until pastry is lightly browned. Set aside to cool.

2. To make filling, boil, steam or microwave sweet potatoes until tender. Cool slightly. Melt butter in a saucepan over a medium heat, add chili, ginger and cumin and cook for 1 minute. Set aside.

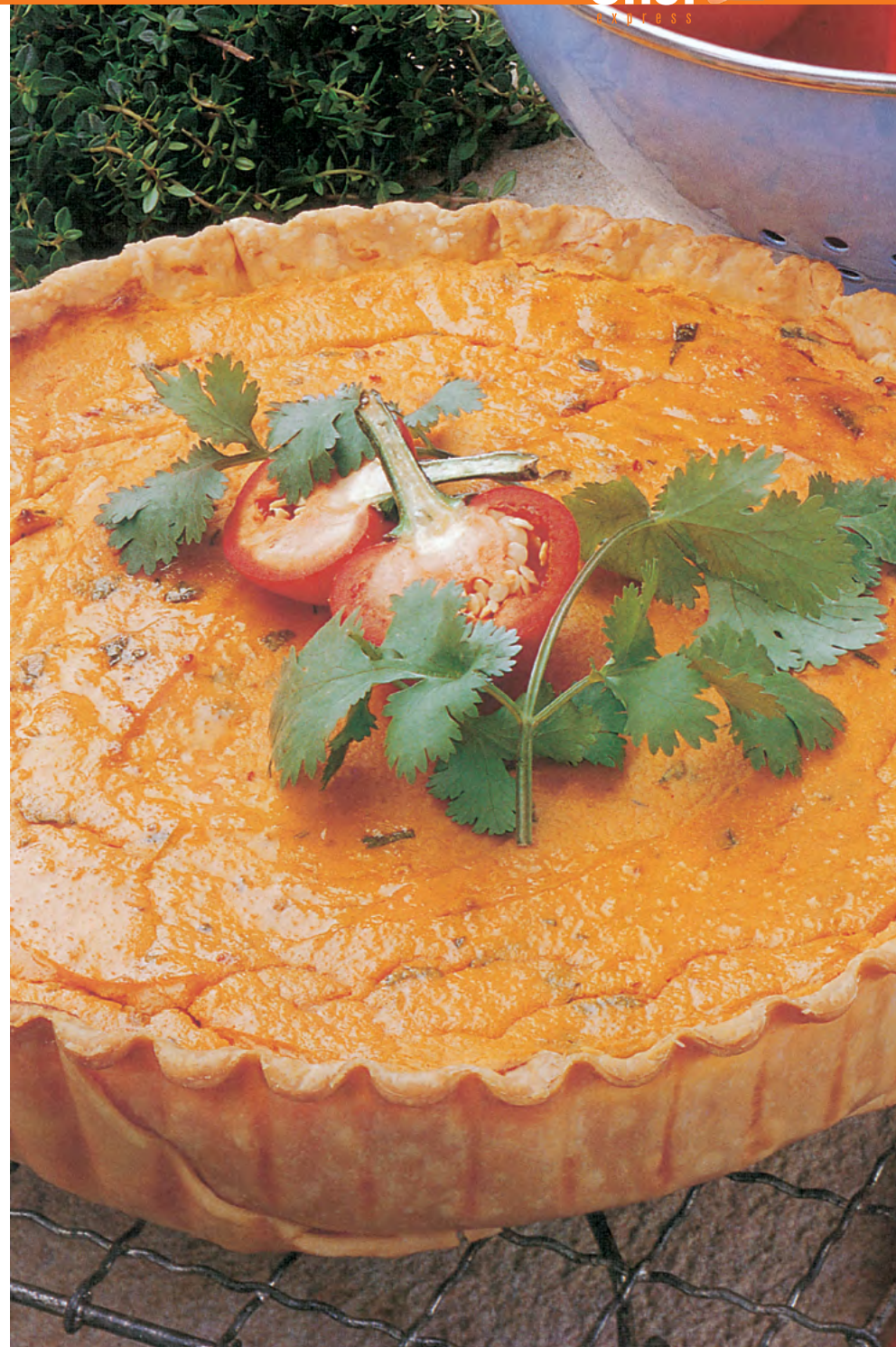
3. Place sweet potatoes, sour cream and eggs in a food processor and process until smooth. Stir in chili mixture and coriander.

4. Pour filling into pastry case, reduce oven temperature to 180°C/350°F/Gas 4 and bake for 35-40 minutes or until filling is set.

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Serves 6

tip from the chef

Fresh root ginger freezes well. When you want to use it, simply grate the required amount off the frozen piece. A small Oriental ginger grater is an inexpensive and worthwhile investment.





grilled cod and potatoes

■ □ □ | Cooking time: 20 minute – Preparation time: 10 minutes

method

1. Preheat barbecue to a medium heat. Place 1 tablespoon oil, lime juice and black peppercorns in a bowl and mix to combine. Brush oil mixture over fish and marinate at room temperature for 10 minutes.
2. Brush potatoes with oil and sprinkle with salt. Place potatoes on lightly oiled barbecue grill and cook for 5 minutes each side or until tender and golden. Move potatoes to side of barbecue to keep warm.
3. Place fish on lightly oiled barbecue grill and cook for 3-5 minutes each side or until flesh flakes when tested with a fork. To serve, arrange potatoes attractively on serving plates and top with fish.

ingredients

- > 13 tablespoons olive oil
- > 2 tablespoons lime juice
- > 1 teaspoon crushed black peppercorns
- > 4 cod cutlets
- > 6 potatoes, very thinly sliced
- > sea salt

.....
Serves 4

tip from the chef

Fish should be bought very fresh. When it is purchased frozen, be sure the cold storage has not been suspended; the packages need to be clean and ice-free on the inside.



hot potato salad

■ □ □ | Cooking time: 16 minutes - Preparation time: 20 minutes

ingredients

- > 4 red-skinned potatoes, about 750 g/1½ lb
- > 1 onion, diced
- > 2 rashers bacon, chopped
- > 2 tablespoons cornflour
- > 1 cup/250 ml/8 fl oz vegetable stock
- > ¼ cup/60 ml/2 fl oz cider or tarragon vinegar
- > 1 tablespoon wholegrain mustard
- > ⅓ cup/90 ml/3 fl oz cream (double)
- > freshly ground black pepper
- > snipped fresh chives

method

1. Using a sharp knife, score around the circumference of each potato.
2. Place potatoes evenly around edge of microwave turntable and cook on High (100%) for 5 minutes, turn over and cook for 3-5 minutes longer or until potatoes are cooked. Set aside until cool enough to handle, then remove skin and cut potatoes into 1 cm/½ in cubes.
3. Place onion and bacon in a microwavable bowl, cover and cook on High (100%) for 3 minutes, stir, then cook for 2 minutes longer.
4. Stir in cornflour, stock and vinegar, cover and cook for 4 minutes. Add mustard, cream and potatoes and mix gently to combine. Cover and cook on Medium (50%) for 2 minutes or until hot. Season to taste with black pepper and sprinkle with chives. Serve warm.

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Serves 6



tip from the chef

This is a good hot dish to serve at a salad buffet or barbecue. Flat oval-shaped potatoes seem to cook the most evenly in the microwave.





potato and beetroot flan

■□□ | Cooking time: 30 minute – Preparation time: 10 minutes

method

1. Combine potato, beetroot, dill, cream, mayonnaise, horseradish cream, pepper and egg yolk in a mixing bowl.
2. Beat egg white until stiff peaks form and fold into beetroot mixture.
3. Spoon mixture into a well-greased 15 cm/ 6 in flan dish with a removable base.
4. Bake at 200°C/400°F/Gas 6 for 25-30 minutes or until firm. Serve cut into wedges.

.....
Serves 1

ingredients

- > 1 potato, cooked and mashed
- > 1 large raw beetroot, grated
- > ½ tablespoon finely chopped fresh dill
- > 1 tablespoon cream
- > 1 tablespoon mayonnaise
- > 1 teaspoon horseradish cream
- > freshly ground black pepper
- > 1 egg, separated

tip from the chef

This vibrantly colored dish will give your meal a lift. It may be served either hot or cold.



potato and leek gratin

■ ■ □ | Cooking time: 45 minutes - Preparation time: 15 minutes

ingredients

- > 5 medium potatoes, peeled and sliced into thin rounds
- > 1 cup chicken stock
- > 2 large leeks, sliced (white part only)
- > 2 cloves garlic, crushed
- > 1 tablespoon finely chopped fresh rosemary
- > 2 tablespoons light margarine
- > ½ cup dried breadcrumbs

method

1. Bring a large saucepan of water to the boil, add potato slices and cook for 7 minutes. Remove with a slotted spoon and refresh under cold water, set aside.
2. In a small saucepan, combine stock, leeks, garlic and rosemary. Bring to the boil, reduce heat and simmer for 3 minutes.
3. Arrange potato slices in layers in an ovenproof dish and top with leek mixture.
4. Melt margarine and stir in breadcrumbs. Sprinkle over the top of leek mixture and bake in a moderate oven for 25-30 minutes.

.....
Serves 4



tip from the chef

In order to make a different gratin, carrots can replace half the potatoes. Then follow the indicated proceedings.





potato and zucchini gratin

■□□ | Cooking time: 35 minute – Preparation time: 8 minutes

method

1. Cut potatoes into large chunks, cook in boiling water until tender, drain, spoon into 4 ramekins.
2. Heat half the oil in a frying pan, add zucchini, stir-fry until tender. Add to potatoes.
3. Add remaining oil to frying pan, add onion and garlic, stir-fry until tender. Add tomatoes, basil and oregano, cook until pulpy. Pour over potato and zucchini.
4. Sprinkle with combined breadcrumbs and cheese, bake in moderate oven about 15 minutes, until cheese is just melted.

ingredients

- > 500 g/1 lb potatoes
- > 2 tablespoons oil
- > 4 zucchini, sliced
- > 1 onion, chopped
- > 2 cloves garlic, crushed
- > 400 g/13 oz tomatoes, chopped
- > 1 tablespoon chopped fresh basil
- > 2 teaspoons chopped fresh oregano
- > 60 g/2 oz fresh wholemeal breadcrumbs
- > 50 g/1½ oz reduced-fat tasty cheese (12 to 16% fats content), grated

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Serves 4

tip from the chef

This tempting starter can also be prepared in a large ovenproof dish. If you wish to enrich it, add some thinly sliced leeks and 3 tablespoons sliced mushrooms along with the onion.



potato cakes

stacks with tuna

■ ■ □ | Cooking time: 15 minutes - Preparation time: 10 minutes

ingredients

- > 3 potatoes, grated
- > 3 tablespoons snipped fresh chives
- > 2 tablespoons flour
- > ¼ cup/45 g/1½ oz natural yogurt
- > 1 egg, lightly beaten
- > 30 g/1 oz butter

tuna filling

- > ½ cup/125 g/4 oz sour cream
- > ½ cup/60 g/2 oz grated tasty cheese (mature Cheddar)
- > 220 g/7 oz canned tuna, drained and flaked
- > freshly ground black pepper

method

1. To make filling, combine sour cream, cheese, tuna and black pepper to taste in a bowl. Set aside.
2. Place potatoes, chives, flour, yogurt and egg in a bowl and mix to combine.
3. Melt butter in a frying pan over a medium heat. Add tablespoons of potato mixture, flatten with a wooden spoon and cook for 2 minutes each side or until golden. Remove from pan and keep warm. Repeat with remaining mixture.
4. To serve, top half the potato cakes with aspoon of filling, then with remaining potato cakes.

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Serves 4



tip from the chef

Canned salmon or chopped cooked chicken are delicious alternatives to the tuna in this recipe, that is ideal for St. Valentine's Day.



potatoe

croquettes



■ ■ □ | Cooking time: 40 minutes – Preparation time: 30 minutes

method

1. Place potatoes in a saucepan of water and bring to the boil. Reduce heat, cover and simmer for 20-25 minutes or until potatoes are cooked. Drain potatoes and press through a sieve into a bowl.
2. Add breadcrumbs, spring onions, cottage cheese, egg, parsley, oregano and black pepper to taste to potatoes (a) and mix to combine. Cover and refrigerate until potato mixture is cold.
3. Divide potato mixture into 12 portions and shape into croquettes. Roll each croquette in flour (b) and place on a plate lined with plastic food wrap.
4. Heat oil in a large saucepan until a cube of bread dropped in browns in 50 seconds. Cook a few croquettes at a time for 4-5 minutes (c) or until golden and heated through. Drain on absorbent kitchen paper and serve immediately.

ingredients

- > 500 g/1 lb potatoes, cut into quarters
- > 100 g/3½ oz wholemeal breadcrumbs
- > 4 spring onions, chopped
- > 250 g/8 oz cottage cheese
- > 1 egg, lightly beaten
- > 1 tablespoon chopped fresh parsley
- > 1 tablespoon chopped fresh oregano or 1 teaspoon dried oregano
- > freshly ground black pepper
- > 1½ cups/230 g/7½ oz wholemeal flour
- > vegetable oil for deep-frying

.....
Serves 4

tip from the chef

Potato croquettes make an interesting alternative to plain potatoes when served as an accompaniment. They are also a delicious light meal, served with salad and mango chutney.



a

b

c

potato gratin

■ □ □ | Cooking time: 45 minutes - Preparation time: 15 minutes

ingredients

- > 1 kg/2 lb potatoes, thinly sliced
- > 2 large onions, thinly sliced
- > 2 tablespoons snipped fresh chives
- > freshly ground black pepper
- > 1¼ cup/250 g/8 oz natural yogurt
- > 1 cup/250 ml/8 fl oz double cream
- > 60 g/2 oz grated Parmesan cheese

method

1. Layer potatoes, onions, chives and black pepper to taste in 6 lightly greased individual ovenproof dishes.
2. Place yogurt and cream in a bowl and mix to combine. Carefully pour yogurt mixture over potatoes and sprinkle with Parmesan cheese.
3. Bake at 200°C/400°F/Gas 6 for 45 minutes or until potatoes are tender and top is golden.

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Serves 6

tip from the chef

Potato dishes such as this one are great accompaniments to almost any main meal. This one is particularly good served with roasted pork or lamb.





summer vegetables with aioli

■ □ □ | Cooking time: 30 minutes - Preparation time: 20 minutes

method

1. Boil, steam or microwave asparagus, squash, beans and potatoes, separately, until just tender. Drain, then refresh under cold running water.
2. To make aioli, place egg yolks, lemon juice, garlic and parsley in a food processor or blender and process to combine. With machine running, pour in oil in a steady stream and process until thick. Season with black pepper to taste. Transfer to a serving bowl.
3. Arrange both steamed and fresh vegetables attractively on a large platter with aioli.

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Serves 12

ingredients

- > 250 g/8 oz asparagus, trimmed
- > 12 yellow baby squash
- > 125 g/4 oz green beans, trimmed
- > 12 baby potatoes
- > 12 button mushrooms
- > 12 cherry tomatoes

parsley aioli

- > 4 egg yolks
- > 2 teaspoons lemon juice
- > 4 cloves garlic
- > 2 tablespoons chopped fresh parsley
- > 1 cup/250 ml/8 fl oz olive oil
- > freshly ground black pepper

tip from the chef

Raw garlic has a strong taste. If you find this a problem, you might like to boil the garlic cloves (in their skin) before using. Garlic treated in this way has a milder flavor, which is preferred by some people, and will not linger as strongly on the breath. To sweeten your breath after eating garlic, munch on some parsley..



potato salad

■ ■ □ | Cooking time: 35 minutes - Preparation time: 15 minutes

ingredients

- > 1 kg/2 lb potatoes, cut into cubes
- > 3 eggs
- > 4 rashers bacon, rind removed, chopped
- > 1 onion, finely chopped
- > 2 spring onions, chopped
- > 2 tablespoons chopped fresh dill
- > 1 tablespoon chopped fresh mint

mustard dressing

- > 1 cup/250 ml/8 fl oz mayonnaise
- > 3 tablespoons natural yogurt
- > 1 tablespoon Dijon mustard
- > freshly ground black pepper

method

1. Place potatoes in a saucepan, cover with cold water and bring to the boil. Reduce heat and simmer for 10-15 minutes or until potatoes are tender. Drain and set aside to cool.
2. Place eggs in a saucepan, cover with cold water and bring to the boil over a medium heat, then simmer for 10 minutes. Drain and cool under cold running water. Cool completely. Remove shells and cut into quarters.
3. Place bacon in a nonstick frying pan and cook over a medium heat, stirring occasionally, for 10 minutes or until crisp. Drain on absorbent kitchen paper.
4. Place potatoes, eggs, bacon, onion, spring onions, dill and mint in a salad bowl and toss gently to combine.
5. To make dressing, combine mayonnaise, yogurt, mustard and black pepper to taste in a bowl. Spoon dressing over salad and toss to combine.

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Serves 6

tip from the chef

Take care not to overcook potatoes. The best potatoes to use for salad are new ones –these hold their shape better than more mature potatoes. If making salads from mature potatoes, scrub and boil in their skins, then cool, peel and chop.





potato skins

■ ■ □ | Cooking time: 40 minutes – Preparation time: 50 minutes

method

1. Preheat the oven at 180°C/350°F/Gas 4. Wash and dry each potato. Pierce with a fork and place in the preheated oven. Bake for 30 minutes or until the center is firm but can be easily pierced with a fork.
2. Cool the potato, cut in quarters lengthwise and cut out the center leaving the skin with 0.5 cm/¼ in to 110 mm/½ in of potato on it.
3. Brush the skins with butter, then sprinkle them with salt and pepper. Bake for 10 minutes. Top them with chosen topping and bake for another 5-10 minutes until warmed.

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 Makes 4 pieces per potato

ingredients

- baking potatoes**
 bacon and mushroom topping
 > potato pulp
 > sautéed bacon and mushroom
 > parsley
- shrimp and chives topping**
 > potato pulp
 > sour cream
 > chopped fresh chives
 > shrimps
 > salt and pepper to taste
- chicken and almond topping**
 > potato pulp
 > cooked chicken
 > toasted pine nuts
 > chopped shallots
 > sour cream
 > black pepper

tip from the chef

Topping preparations are also good for filling pastry cases made with 175 g/6 oz flour, a pinch of salt, 90 g/3 oz refrigerated butter, 1 egg yolk and 1 tablespoon water.



potatoes

in chili vinegar

■ □ □ | Cooking time: 15 minutes – Preparation time: 10 minutes

ingredients

> 2 kg/4 lb baby new potatoes, halved

chili vinegar dressing

- > 2 red onions, sliced
- > 3 jalapeño chilies, chopped
- > 3 fresh red chilies, seeded and chopped
- > 2 cloves garlic, crushed
- > 2-3 tablespoons sugar
- > 2 tablespoons capers, drained
- > 2 tablespoons fresh thyme leaves
- > 1 tablespoon fresh oregano leaves
- > 4 fresh or dried bay leaves
- > 1 cup/250 ml/8 fl oz apple cider vinegar
- > ½ cup/125 ml/4 fl oz water

method

1. Place potatoes in a saucepan of boiling water and cook until tender. Drain and place in a serving bowl.
2. To make dressing, place onions, jalapeño and red chilies, garlic, sugar, capers, thyme, oregano, bay leaves, vinegar and water in a bowl and mix to combine. Pour dressing over warm potatoes, toss to combine and stand at room temperature for 2 hours before serving.

.....
Serves 6

tip from the chef

Don't keep this salad just for Mexican meals, it makes an interesting addition to any buffet table or salad bar. For extra zing, garnish with additional sliced chilies.



potatoes

with red peppers



■ □ □ | Cooking time: 1 hour - Preparation time: 10 minutes

method

1. Place bacon, potatoes, red peppers, onions, parsley, rosemary, garlic, oil and black pepper to taste in a bowl and toss to coat vegetables with oil.
2. Spoon mixture into a lightly greased, ovenproof dish and bake at 200°C/400°F/ Gas 6 for 55-60 minutes or until potatoes are cooked, golden and crisp.

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Serves 8

ingredients

- > 500 g/1 lb bacon, cut into 1 cm/½ in thick strips
- > 8 potatoes, peeled and cut into 1 cm/½ in thick slices
- > 6 large red peppers, cut lengthwise into 2.5 cm/1 in wide strips
- > 4 red onions, cut into eighths
- > 1 tablespoon chopped fresh parsley
- > 2 teaspoons chopped fresh rosemary
- > 1 clove garlic, crushed
- > 2 tablespoons olive oil
- > freshly ground black pepper

tip from the chef

Crisp golden slices of potato baked with onions, red peppers and bacon are a meal in themselves when served with a crisp green salad.



potato

- smoked salmon bites

■ □ □ | Cooking time: 45 minutes - Preparation time: 15 minutes

ingredients

- > 16 small pontiac potatoes
- > ¼ cup/60 ml/2 fl oz oil
- > 250 g/½ lb smoked salmon
- > ½ cup/120 ml/4 fl oz sour cream
- > 3 hard-boiled eggs, sliced
- > fresh dill for garnish

method

1. Wash potatoes, cut in half and place cut side down. Scoop out a cavity in the top.
2. Toss in oil, then place cut side down on oven tray and bake at 180°C/350°/Gas 4 for 45 minutes or until tender. Allow to cool slightly.
3. Place some salmon in each cavity, followed by a spoonful of sour cream over each. Top with a wedge of egg, then garnish with dill.

.....
Makes 32



tip from the chef

The combination of potatoes, smoked salmon, cheese, dill and eggs is simply perfect, and fully Scandinavian. Excellent with champagne or a white California varietal wine.





rack of veal

on mashed potatoes

■□□ | Cooking time: 45 minutes - Preparation time: 25 minutes

method

1. Preheat oven at 180°C/350°F/Gas 4. Boil the potatoes until soft. Drain, then mash (or purée), and add the olive oil, chopped capers and half the roasted garlic. Mix well, season with salt and pepper to taste and set aside until ready to serve.
2. Heat olive oil in a pan, and brown the veal on both sides until well sealed. This will take approximately 5 minutes. Remove the veal from the pan, and place on a rack in a baking dish. Rub the veal with remaining roasted garlic and 1 tablespoon of thyme leaves. Season with salt and pepper, add half the wine and stock to the baking dish.
3. Roast in the oven for 20 minutes or until veal is cooked to your liking. Wrap in foil and let rest for 10 minutes.
4. Add remaining stock, wine and thyme to the pan-juices and cook over a medium heat for 5 minutes or until the liquid has reduced by a third.
5. Serve the veal on a bed of mashed potatoes with pan-juices.

ingredients

- > 750 g/1½ lb potatoes, peeled and chopped
- > 120 ml/4 fl oz olive oil
- > 1 tablespoon capers, chopped
- > 2 tablespoons roasted garlic purée
- > salt
- > freshly ground black pepper
- > 2 tablespoons olive oil
- > 1 kg/2 lb rack of veal (8 points)
- > 2 tablespoons thyme leaves
- > 300 ml/10 fl oz white wine
- > 300 ml/10 fl oz veal or chicken stock

.....
Serves 4

tip from the chef

A rack of veal may be replaced by a rack of lamb.



rösti

with gravlax

■ □ □ | Cooking time: 10 minute - Preparation time: 10 minutes

ingredients

- > ½ cup/125 g/4 oz sour cream
- > 250 g/8 oz salmon gravlax
- > lemon wedges

vegetable rösti

- > 3 large potatoes, grated
- > 2 zucchini, grated
- > 2 carrots, grated
- > 1 leek, shredded
- > ½ cup/60 g/2 oz flour
- > 3 tablespoons finely grated Parmesan cheese
- > 1 tablespoon chopped fresh mint
- > 1 tablespoon Dijon mustard
- > 4 eggs, lightly beaten
- > freshly ground black pepper

method

1. Preheat barbecue to a medium heat. To make rösti, place potatoes, zucchini, carrots, leek, flour, Parmesan cheese, mint, mustard, eggs and black pepper to taste in a bowl and mix to combine.
2. Place large spoonfuls of vegetable mixture on oiled barbecue plate, press with a spatula to flatten and cook for 5 minutes each side or until golden and crisp. Remove rösti from barbecue and keep warm. Repeat with remaining mixture.
3. To serve, place one or two rösti on each serving plate, top with a spoonful of sour cream, some salmon gravlax and black pepper to taste. Serve with lemon wedges.

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Serves 6



tip from the chef

You will need about 440 g/14 oz potatoes for the rösti. For a cocktail party make tiny rösti and serve this tempting starter as finger food.



seasoned sausage ragoût



■ ■ □ | Cooking time: 30 minute – Preparation time: 25 minutes

method

1. Combine ground veal, parsley, basil, nuts, oil, garlic, pepper, breadcrumbs and cheese in large bowl (a), mix until well combined. Shape into 12 sausages (b), 10 cm/4 in long. Roll in seasoned flour.
2. Heat oil in deep frying pan. Cook sausages a few at a time (c) until browned but not cooked through. Remove sausages and drain on absorbent kitchen paper. Repeat with remaining sausages.
3. Arrange sausages, potatoes and onions in deep saucepan. Combine soy sauce, juice, stock, wine and basil in bowl, pour into saucepan (d). Bring to the boil, reduce heat and simmer, covered, for 20 minutes or until potatoes are tender. Thicken sauce in pan, if desired.

ingredients

- > 500 g/1 lb ground veal
- > 60 g/2 oz finely chopped fresh parsley
- > 60 g/2 oz finely chopped fresh basil
- > 3 tablespoons pine nuts
- > 1 tablespoon olive oil
- > 2 cloves garlic, crushed
- > 1 teaspoon cracked black peppercorns
- > 185 g/6 oz fresh breadcrumbs
- > 60 g/2 oz grated fresh Parmesan cheese
- > seasoned flour
- > oil for deep frying
- > 3 tablespoons soy sauce
- > 125 ml/4 fl oz lemon juice
- > 250 ml/8 fl oz chicken stock
- > 250 ml/8 fl oz dry white wine
-
- > 12 whole baby potatoes, scrubbed
- > 12 whole baby onions
- > 3 tablespoons chopped fresh basil

Serves 6



tip from the chef

For a complete meal, serve this tasty ragoût with a chilled tomato salad and crusty French bread.



spicy

vegetable pies

■ ■ □ | Cooking time: 60 minutes – Preparation time: 45 minutes

ingredients

- > 350 g/11 oz prepared shortcrust pastry
- > 500 g/1 lb chopped sweet potatoes
- > ½ cup/125 ml/4 fl oz milk
- > 125 g/4 oz ricotta cheese, drained
- > 315 g/10 oz chopped carrots
- > 185 g/6 oz cauliflower, chopped
- > 125 g/4 oz green beans, halved
- > 1 red pepper, chopped
- > 3 tablespoons snipped fresh chives
- > 1 tablespoon finely grated fresh ginger
- > freshly ground black pepper
- > 60 g/2 oz grated Parmesan cheese

method

1. Roll out pastry to 3 mm/1/8 in thick and use to line six 1 cup/250 ml/8 fl oz capacity pie dishes. Chill.
2. Boil, steam or microwave sweet potatoes until soft. Drain and place in a bowl. Add milk and mash, then stir in ricotta cheese.
3. Boil, steam or microwave carrots until soft. Drain and add to sweet potato mixture. Add cauliflower, beans, red pepper, chives, ginger and black pepper to taste and mix to combine.
4. Divide vegetable mixture between pastry cases, sprinkle with Parmesan cheese and bake at 200°C/400°F/Gas 6 for 30 minutes or until pastry is golden and filling cooked.

.....
Serves 6



tip from the chef

The pies may also be filled with a mixture of blanched spinach, drained and finely chopped, cottage cheese, grated Moliterno cheese, nutmeg and chopped walnuts. The Moliterno can be replaced with a fine hard cheese with pepper.





sweet potato chili pork

■ □ □ | Cooking time: 25 minutes – Preparation time: 10 minutes

method

1. Heat oil in a wok over a medium heat, add onion, garlic, chilies and cumin seeds and stir-fry for 3 minutes or until golden.
2. Increase heat to high, add pork and stir-fry for 5 minutes or until brown. Remove pork mixture from wok and set aside.
3. Add sweet potatoes to wok and stir-fry for 5 minutes or until just tender. Return pork mixture to wok, add red kidney beans, coriander, pasta sauce and tomato paste and simmer for 10 minutes or until sauce thickens slightly. Serve immediately.

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Serves 4

ingredients

- > 2 tablespoons vegetable oil
- > 1 onion, chopped
- > 2 cloves garlic, crushed
- > 2 fresh red chilies, finely chopped
- > 1 teaspoon cumin seeds
- > 500 g/1 lb pork fillet, trimmed of all visible fat, chopped
- > 185 g/6 oz sweet potatoes, chopped
- > 440 g/14 oz canned red kidney beans, rinsed and drained
- > 2 tablespoons chopped fresh coriander
- > 1 cup/250 ml/8 fl oz bottled tomato sauce
- > 1 tablespoon tomato paste (purée)

tip from the chef

The way in which you heat the wok and oil for stir-frying is important. Firstly, heat the dry clean wok, then add the oil by drizzling evenly down the sides of the wok. Using this method means that the wok will be coated evenly with the oil and the oil will be warm by the time it reaches the bottom.



sweet potato muffins

■ □ □ | Cooking time : 50 minute - Preparation time: 15 minutes

ingredients

- > 375 g/12 oz sweet potato, chopped
- > ½ cup/75 g/2½ oz wholemeal self-raising flour
- > 1 cup/125 g/4 oz self-raising flour
- > ⅓ cup/60 g/2 oz brown sugar
- > 1 cup/200 g/6½ oz low fat natural yogurt
- > 2 eggs, lightly beaten
- > 1 teaspoon vanilla essence
- > 3 tablespoons currants
- > 1 teaspoon ground cinnamon

frozen smoothie

- > 1 large banana, chopped and frozen
- > 2½ cups/600 ml/1 pt ice-cold low fat milk
- > 3 tablespoons diet fruit yogurt
- > 4 ice cubes

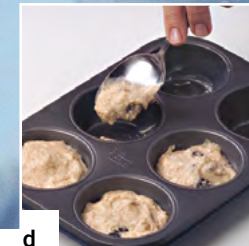
method

1. Boil or microwave sweet potato until tender, drain well and mash (a). Set aside to cool.
2. Place wholemeal flour, self-raising flour and sugar in a bowl and mix to combine. Make a well in center of flour mixture. Add yogurt, eggs, vanilla essence, currants and cinnamon and mix (b) until just combined. Fold sweet potato into flour mixture.
3. Spoon mixture into 12 greased ½ cup/ 125 ml/4 fl oz capacity muffin tins (c) and bake at 190°C/375°F/Gas 5 for 35 minutes or until muffins are cooked when tested with a skewer.
4. To make smoothie, place banana, milk, yogurt and ice cubes in a food processor or blender and process until thick and frothy. Pour into tall glasses and serve immediately.

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Makes 12 muffins and 2 smoothies

tip from the chef

Make muffins when you have time and freeze them to have on hand for quick snacks. If you take your lunch to work, simply take a muffin out of the freezer in the morning –by mid-morning or lunch time it will be thawed. For a different smoothie, replace the banana with 1 mango, peeled, chopped and frozen, or with 250 g/8 oz strawberries, hulled, halved and frozen. Keep frozen pieces of fruit in the freezer so that you can make this delicious smoothie at a moment's notice.





turnip and potato bake

■□□ | Cooking time: 50 minutes – Preparation time: 10 minutes

method

1. Arrange potatoes, onions and turnip in layers in a lightly greased round 20 cm/8 in ovenproof dish.
2. Place stock, yogurt, mustard and black pepper to taste in a bowl and mix to combine. Carefully pour over vegetables.
3. Cover and bake at 180°C/350°F/Gas 4 for 30 minutes. Remove cover and bake for 20 minutes longer or until vegetables are tender.

ingredients

- > 400 g/13 oz potatoes, thinly sliced
- > 2 onions, thinly sliced
- > 1 large turnip, thinly sliced
- > 1 cup/250 ml/8 fl oz vegetable stock
- > 1 cup/200 g/6½ oz low-fat natural yogurt
- > 2 tablespoons Dijon mustard
- > freshly ground black pepper

.....
Serves 6

tip from the chef

This traditional-style potato bake uses low-fat yogurt and skim stock instead of cream and so reduces the fat content considerably while still producing a wonderfully creamy dish.



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potatoes basics