

17 Potatoes



Potatoes come in a range of shapes and sizes. Different varieties have different uses.

- Potatoes should be stored in a cool, dark place. Sunlight turns them green. This green colour is toxic so should not be eaten.
- Waxy potatoes boil well and hold their shape – excellent for making potato salad, serving plain with seasoning and chopped olives or for using where holding the shape is needed.
- Floury potatoes are great roasted and easily mashed and also great baked.
- New potatoes are small with thin skin that needs no peeling.
- If boiling potatoes just use the minimum of water to cover the pan and steam slowly for 30 minutes or so (depending on the size of the potato).
- Vitamin C is lost in boiling water, so save the water and use for stocks and soups (this applies to all vegetables).



Healthy Chips

Preparation and cooking time: about 50 minutes

serves

4-6

Ingredients

- 1.75kg (2lb) potatoes
- 2 tablespoons of olive oil

Method

- Preheat oven to 200°C/425°F/Gas 7.
- Peel and wash potatoes.
- Cut in half lengthways and cut into thick slices.
- Place in an ovenproof dish.
- Add 2 tablespoons of olive oil. Mix well.
- Cook for 30-35 minutes.