

Fruit & Vege Co-op



Potatoes

STORAGE	PREPARATION
<p>Store potatoes in a cool dark place away from direct sunlight, sunlight will make the potatoes turn green.</p>	<ul style="list-style-type: none"> - Scrub under water and cut potatoes into pieces or leave smaller potatoes whole. Cut off any green parts. - There is no need to peel the potatoes unless mashing.
ADD FLAVOUR	VEGE UP
<ul style="list-style-type: none"> - Mash boiled potato with boiled pumpkin or kumara and a little milk. - For homemade potato chips brush sliced potatoes with a small amount of oil and sprinkle with dried herbs if desired. Roast in oven until golden brown. - Bake potatoes in the oven, slice tops and remove inner filling. Combine with corn kernels, low fat sour cream and ham and stuff mixture in potato skins. Bake in oven to heat through. 	<ul style="list-style-type: none"> - Add cubes of potato to casseroles, curries and stews at the beginning of cooking. - Roast with other vegetables such as pumpkin and kumara for a roast vegetable salad. - Top a basic mince mixture with mashed potato and sprinkle low fat cheese, grated, on top. Bake in oven to make a Shepherd's Pie.
COOKING	
<ul style="list-style-type: none"> - Boil in water covered for about 8 minutes or until just tender, depending on size of the pieces. - Steam over a pot of boiling water for 10 minutes. - Microwave potatoes with a little water in a covered dish for about 8 minutes, depending on size. - Lightly brush potatoes with 1 Tbsp oil and roast at 200°C for 30-45 mins, or until tender and brown. 	
RECIPE: Bacon, Celery and Potato Soup (Serves 4) <i>Source: Food in a Minute Potato Favourites</i>	
<p>2 onions, peeled and finely diced 4 – 6 rashers bacon, diced 750 grams potatoes, peeled and diced 2 stalks celery, trimmed and finely chopped 3 cups beef stock 2 cups water 1 – 2 cups frozen broad beans, blanched and peeled (optional) or green beans ½ cup chopped fresh parsley</p> <ol style="list-style-type: none"> 1. Cook the onion and bacon in a large saucepan until very fragrant and the onions are well softened (about 15 minutes). 2. Add the potato and celery and cook for a further 2 – 3 minutes, tossing or stirring regularly. 3. Add the beef stock and simmer gently for 10 – 12 minutes until the potato is tender. 4. Add the broad beans during the last 1 – 2 minutes of cooking time. 5. Add the parsley and serve immediately with crusty bread rolls or grain toast. <p>Variations</p> <ul style="list-style-type: none"> - Replace onions with finely sliced leek or broad beans with carrot or pumpkin. 	

All recipes are available on our website by visiting www.rph.org.nz > Nutrition > Fruit and Vege Co-op

