



RESCUING FOOD • NOURISHING COMMUNITIES

FOOD CARD

POTATOES

AVAILABLE

All year.

STORE

In a cool, dark place.

EAT

Cooked.

PREPARE

1. Peel. (optional).
2. Wash/Scrub.
3. Dice, slice, cut.

COOK

Boil: Bring to the boil. Simmer until soft when stabbed with a knife. Approx 20 minutes.

Microwave: High. Cut a cross in top of potato. 3-4 minutes per potato.

Roast: 200°C. Cut in half. Toss in oil. 40 minutes.

Bake (whole): 200°C. Cut a cross in top of potato. Approx 1 hour (until soft when stabbed with a knife).

N.B. Different potatoes suit different cooking methods. Check the label for the best method.

AVOID WASTE

Freeze: Leftover mashed potatoes can be frozen. Thaw and as use as a topping for shepards pie.

TASTY IDEAS

- Mashed potatoes: Boil until cooked. Drain. Add, a little salt and pepper, milk/sour cream and/or butter. Mash until creamy.
- Stuff potatoes: Bake potatoes. Cut in half. Scoop out most of the potato. Don't break skin. Mash potato and with your favourite meats, veggies and herbs. Refill skins with potato mixture, top with grated cheese and bake until golden and heated through.
- Make homemade wedges or chunky chips. Cut potatoes into required shape. Boil for 8-10 minutes. Lightly coat in oil. Roast 35-45 minutes. Turn a couple of times during cooking.
- Make leek and potato soup.
- Make creamy potato bake.
- Make potato salad.