

Choose a Potato

Choosing the right potato for a recipe can determine its success. There are three major categories of potatoes based on the starch content of the potato.

High Starch – These types of potatoes soak up liquid as they cook. They are the best choice for french fries, roasted or mashed potatoes as their texture is very dry and floury.

Medium Starch – These types of potatoes hold their shape better when cooked, more than the high starch potato. These potatoes are considered in-between potatoes as their texture is firmer than the high starch variety.

Low Starch – These types of potatoes hold their shape when boiled and are therefore considered a “waxy” potato. They are the best choice for soups, stews or salads as their texture is very firm and smooth.

Use the following chart as a guideline.

Method of Cooking	Variety of Potato					
	Russet	Red	White	Yellow	Blue/Purple	Fingerling
Boil		•	•	•	•	•
Bake	•			•	•	•
Roast	•	•				•
Mash	•			•		
Steam		•	•		•	•
Scalloped	•		•	•		
French-fry	•		•	•		
Soup/Salad		•			•	•

DRESSED-UP POTATOES

3 cups (750 mL) halved small red potatoes
2 tbsp (25 mL) white wine vinegar
1/8 tsp (0.5 mL) dry mustard
1/4 tsp (1 mL) salt

1/4 tsp (1 mL) freshly ground pepper
1 tbsp (15 mL) oil
1/4 cup (50 mL) thinly sliced green onion
1 tbsp (15 mL) chopped fresh parsley

Cook potatoes in boiling salted water until tender; drain. Rinse under cold running water to cool slightly. Transfer warm potatoes to a bowl. To prepare vinaigrette, whisk together vinegar, dry mustard, salt and pepper until combined. Gradually whisk in oil until blended. Add vinaigrette to potatoes and toss to coat. Stir in green onion and parsley. Serve warm or at room temperature. Serves 3 - 4.

PARMESAN POTATO WEDGES

3/4 cup (175 mL) grated Parmesan cheese
1/2 cup (125 mL) flour
2 tsp (10 mL) paprika
1/2 tsp (2 mL) salt

1/2 tsp (2 mL) freshly ground pepper
4 baking potatoes
1/2 cup (125 mL) butter, melted

Combine Parmesan cheese, flour, paprika, salt and pepper in a plastic bag. Cut each potato lengthwise into 8 wedges. Add potato wedges to bag and toss to coat; gently press cheese mixture onto potatoes. Pour butter into a shallow baking dish. Arrange potatoes in a single layer in butter. Bake at 350°F (180°C), turning occasionally, until potatoes are browned and crisp, about 55 - 60 minutes. Serves 6 - 8.

CRUSTED POTATO CAKES

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| 1 tbsp (15 mL) butter | 1/4 tsp (1 mL) salt |
| 1/2 cup (125 mL) thinly sliced green onions | 1/4 tsp (1 mL) freshly ground pepper |
| 2 cups (500 mL) mashed potatoes, chilled | 1 cup (250 mL) panko (Japanese-style bread crumbs) |
| 1/4 cup (50 mL) shredded cheddar cheese | |
| 2 tbsp (25 mL) crumbled cooked bacon | |

Line a rimmed baking sheet with nonstick foil. Melt butter in a small frypan over medium heat. Add green onions and saute until softened, about 2 minutes. Combine green onions, potatoes, cheese, bacon, salt and pepper in a bowl. Using 1/4 cup (50 mL) measures, shape mixture into cakes, each about 3/4 inch (2 cm) thick. Place panko in a pie plate. Working with one cake at a time, place cakes in panko, pressing lightly so that panko adheres; turn to coat both sides. Place cakes in prepared pan. Bake, uncovered, at 425°F (220°C) for 10 minutes. Remove pan from oven. Carefully turn cakes over. Continue baking for 15 minutes or until light golden and heated through. Let stand for 2 minutes before serving. Makes 8.

Cook's Note: *Panko is a type of bread crumb used in Japanese cooking to make a crunchy coating for fried foods. Panko is coarser, crispier and airier than the fine dry bread crumbs used in North American cooking. Look for panko in Asian grocery stores or the Asian section of large grocery stores.*

BASIC POTATO SALAD

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| 4 medium potatoes, cooked and cubed | 2 tsp (10 mL) prepared mustard |
| 2 hard-cooked eggs, chopped | 1/2 cup (125 mL) mayonnaise |
| 3/4 cup (175 mL) chopped celery | Salt and freshly ground pepper |
| 1/3 cup (75 mL) chopped green onion | |

Combine potatoes, eggs, celery and green onion. Add mustard to mayonnaise and season to taste with salt and pepper. Pour dressing over potato mixture and stir to combine. Serve immediately or refrigerate for up to 8 hours.

Serves 4 - 6.

Cook's Note: *Extra vegetables, such as thinly sliced radish, finely chopped green or red bell pepper, chopped dill pickle, chopped sweet pickle or coarsely shredded carrot may be added, if desired.*

ROASTED GARLIC STUFFED POTATOES

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| 4 large baking potatoes | 1/2 tsp (2 mL) freshly ground pepper |
| 1 head roasted garlic | 1/4 tsp (1 mL) salt |
| 1/4 cup (50 mL) butter, softened | 1 1/2 cups (375 mL) shredded cheddar cheese, divided |
| 1/2 cup (125 mL) sour cream | Paprika |
| 1 tbsp (15 mL) chopped fresh parsley | |

Scrub potatoes and pat dry; prick with a fork. Place potatoes in a baking dish. Bake at 425°F (220°C) for 45 - 60 minutes or until tender. Cut potatoes in half lengthwise. Using a spoon, scoop potato pulp out of each half, leaving a 1/8 inch (3 mm) shell. Place pulp in a bowl. Squeeze roasted garlic out of skins and puree. Add garlic puree, butter, sour cream, parsley, pepper and salt to pulp. Using medium speed of an electric mixer, beat potato mixture for 1 minute or until smooth. Do not overbeat. Stir in 1 cup (250 mL) cheese. Spoon mixture evenly into potato shells. Place potatoes in a baking dish. Top with remaining 1/2 cup (125 mL) cheese and sprinkle with paprika. Potatoes may be prepared to this point and refrigerated for up to 24 hours. Bake, uncovered, at 400°F (200°C) for 20 - 25 minutes or until heated through and lightly browned. Serves 8.

Cook's Note: *To prepare roasted garlic, cut the top 1/4 inch (6 mm) off each garlic head. Place each garlic head on a piece of foil. Drizzle each head with a little olive oil and sprinkle with thyme. Twist foil around each head to enclose completely. Bake at 350°F (180°C) until soft, about 30 - 45 minutes. Squeeze softened garlic out of skins and puree. Roasted garlic puree may be frozen for up to 1 month.*