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Recipes & photos  
from the Internet



# Potatoes



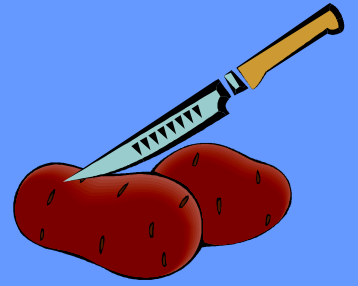
Why did the potato cross the road?  
*He saw a fork up ahead.*

Why wouldn't the reporter leave the mashed potatoes alone?  
*He desperately wanted a scoop.*

What do you say to an angry 300-pound baked potato?  
*Anything, just butter him up.*

What do you call a baby potato?  
*A small fry!*

# Practical Potato Uses



## Potato Plaster

Cold, uncooked, peeled, and mashed potatoes are said to make a soothing plaster for burns.

## Potato Cleanser

Potato juice is also a good cleanser for silks, cottons, wool, and even furniture!

## Change a Broken Bulb with a Potato

An effective solution for changing a light bulb if the bulb's been broken:

you just cut a potato in half and stick the flat end of one of the halves into the socket and unscrew.

## Potato Erasers

Family and friends may love your blackberry cobbler or cherry pie, but your hands, not so much. The fruits can leave food stains.

Rather than scrub your hands raw, rub the flesh of a raw potato on the stains. Potatoes contain a lightening enzyme, catecholase, which breaks down anthocynins, the dyes in staining fruits.

After rubbing, rinse and your hands will be like new: at least they will be stain free.

## Potato Defogger

Are you tired of foggy windows on mornings you just happen to be running a tad late?

To foil the foggy windows, the night before cut a raw potato in half and rub the flesh part over the inside of your windshield.

The potato will coat the window with a starchy clear film that deflects vapours that impair visibility from surfacing.



[www.laurensveganjournal.org](http://www.laurensveganjournal.org)

## Roasted Potato Garlic Soup

6 baking potatoes, peeled and cut into small pieces  
2 Tbsp olive oil, divided  
1/2 tsp ground black pepper  
1 onion, chopped  
6 cloves garlic, peeled  
3 cups chicken broth  
1 cup water  
1 cup whole milk  
salt to taste

Preheat oven to 220 degrees C.

Place potatoes in a shallow roasting pan and drizzle with 1 tablespoon olive oil. Sprinkle with pepper; stir to coat. Bake for 25 minutes, or until potatoes are browned. Reserve 1 cup of roasted potatoes.

In a saucepan heat remaining oil; sauté onions for 5 minutes. Add potatoes and garlic and stir in broth and water. Bring to a boil, reduce heat and simmer, uncovered, for 20 minutes.

Spoon half of broth mixture into a blender; blend until nearly smooth. Repeat with remaining mixture; return all to pot. Stir in milk and season with salt to taste. Ladle into bowls and top with reserved roasted potatoes.

## Mashed Potato and Anchovy with Chicory Leaves

- 1 large potato, peeled and cut into quarters
- $\frac{1}{2}$  tsp Ina Paarman's Lemon & Black Pepper Seasoning
- 1 Tbsp olive oil
- 1 x 50 g anchovy fillets - mash half with it's own oil and reserve the rest
- Pinch of Ina Paarman's Chilli & Garlic Seasoning
- $\frac{1}{4}$  cup parsley, finely chopped
- 1 Tbsp capers, chopped
- 2 heads of chicory, broken into leaves for serving

Boil the potato in a cup of water with the Lemon & Black Pepper Seasoning until soft.

Remove potato with a slotted spoon (reserve water). Mash the potato with 1-2 Tbsp of the cooking water until it has a soft texture.

Add the remaining ingredients, except chicory leaves, and mash everything together.

Spoon onto chicory leaves for serving.

Garnish with remaining anchovy strips and sprigs of parsley.





## Bacon wrapped Potato Wedges

4 medium/large potatoes, washed but unpeeled  
Ina Paarman's Green Onion Seasoning  
olive oil  
250 g smoked rindless streaky bacon  
snipped chives to garnish

Preheat the oven to 180°C.

Cut the potatoes into thick wedges and steam until just done.

Season and toss with a generous coating of olive oil, then leave to cool.

Roll each wedge of potato in half a strip of bacon.

Place in an ovenproof dish, seam side down, and bake for about 35 minutes until bacon is crispy.

Serve hot.

Garnish with finely snipped chives.

## Roast Tomato and Potato Salad with Basil Pesto

300 g roma or cherry tomatoes, cut in half  
1 tsp Ina Paarman's Garlic & Herb Seasoning  
750 g baby potatoes, unpeeled, halved  
Ina Paarman's Potato Spice  
4 Tbsp Ina Paarman's Basil Pesto  
2 wheels of feta cheese, cubed

Preheat the oven to 220°C.

Arrange tomatoes on a baking sheet, cut-side up, and sprinkle with Garlic & Herb Seasoning. Roast for 25 minutes.

Steam or boil the potatoes until soft, drain and toss with Potato Spice to taste (be careful, the feta is salty) and Basil Pesto.

Lightly mix the roasted tomatoes and cubed feta through the dressed potatoes. Serve at room temperature.





[www.janetishungry.blogspot.com](http://www.janetishungry.blogspot.com)

## Mashed Potato Puffs

500g potatoes, peeled  
1 cup cottage cheese  
4 eggs  
1/4 cup butter, softened  
3 Green-Onions, diced (white part only)  
salt and pepper (use white pepper if you don't want flecks)

Boil the potatoes well.

Drain and return to the burner. Continue to cook the potatoes over low heat for about 5 more minutes (stir so they don't stick) this will get all the extra water out of the potatoes.

Mash the potatoes very well. **NO LUMPS.**

In another bowl, with a hand mixer, beat the eggs, butter and cottage cheese until fluffy. Add in the potatoes and onions and beat with hand mixer until all mixed together.

Put the mixture into a greased casserole dish, or muffin tins. This is where you can let it cool and refrigerate, if you are making them ahead (let them come back to room temperature before baking though).

Bake in a 220oC oven for about 25 minutes (a little more if you are making them in a big casserole dish).

The potatoes should puff up and get a little brown on top.

## Potato Pizzas

1 large baking potato per person

Jar pasta sauce (tomato-based)

Toppings (onion, bell pepper, zucchini, Calamata olives, green olives, and mushrooms)

Fresh basil

Dried parmesan cheese

Start with potatoes that are thick in the middle. Scrub each potato well. Cut into three slices, making the outer two a little wider than the middle one.

Take the two outer slices and trim a little bit off the bottom (rounded side) in order to make them lie flat. Place them on an oiled baking sheet and bake at 175 oC for about 40 minutes, until cooked throughout.

When the potatoes are done, take them out of the oven, spread each one with sauce, and top with your choice of toppings.

Put them back into the oven and bake for 15-20 more minutes, until the toppings are done to your taste.

Remove from the oven and sprinkle with lots of fresh basil and Parmesan, if desired. Careful, they will be hot! But once they're cooled, you can pick them up like regular pizza.







[www.littleshamrocks.com](http://www.littleshamrocks.com)

## Potato Pancakes

3 cups chopped potatoes  
1/2 cup chopped onion  
2 large eggs  
2 Tbsp flour  
1/2 tsp salt  
Sour Cream

Blend potatoes, onion and eggs in a blender or food processor until finely grated.

Add flour and salt until mixed well.

On a preheated and greased griddle, spread one heaping tablespoon of mixture into a small pancake.

Grill over medium heat until top looks dry; flip and cook on the other side.

Serve with butter or sour cream.

## Bombay Potato

2 medium sized potatoes  
1 medium onion, thinly sliced  
1/2 a tin of chopped tomatoes  
1 tsp of turmeric  
1 tsp of garam masala  
Salt and pepper to taste  
1 Tbsp of vegetable oil  
Chopped fresh coriander for garnish

Chop the potatoes into small chunks and par boil for approx 15-18 minutes.

When the potatoes are boiled, in a frying pan, fry the onions until they've turned brown .

Add the potatoes and fry for a couple of minutes, then add the tomatoes, turmeric and garam masala.

Fry for a further few minutes until the potatoes have fused with the tomatoes and the excess water has been boiled off. Serve as a side dish to your favourite curry.





[www.stuffem.wordpress.com](http://www.stuffem.wordpress.com)

## Potato Dauphinoise

4-5 medium sized potatoes  
1 cup milk  
1 cup cream  
Garlic butter  
Nutmeg, as required  
Sliced onions  
Grated cheddar cheese

Peel the potatoes. Slice thinly approx 4-5mm slices and layer in a buttered baking tray. Top with sliced onions. Add garlic butter and nutmeg to taste.

Put the milk and cream in a pan and bring to simmer.

Pour the simmered mixture over the sliced potatoes. Add a thin layer of grated cheese

Cook at 220 oC for 30 mins.

This recipe stores well in a chilled fridge.

## Potato macaroon bars

500g Icing Sugar  
100g Mashed potato (cooled)  
200g Toasted coconut.

Simply combine sugar and potato together to form soft ball.

Divide the mixture into patties.

Make a syrup using a little extra icing sugar and water. Roll the patties in the syrup and coat with the toasted coconut.

Leave to dry, better if left overnight in cool, dry place.

