



June 2001 – New Potato recipes

The Earthly New Potato

The potato originated in Peru, there is evidence to show that the potato was being cultivated over 2000 years ago. The Spanish brought the potato to Europe in the 1500's and from there it grew in popularity over the next couple of centuries. The Irish became dependant on the potato for food and when the potato was hit with a fungus disease in the 1840's the entire crop was wiped out. This was disastrous to the Irish. In France the potato became fashionable and queen Marie Antoinette wore potato flowers to ornament her dress. The potato was formally known as the 'earth apple', in French that would be pomme de terre.

Potato varieties should be considered when choosing a recipe. The new potato or waxy potato is low in starch, this makes it good for boiling as it will hold its shape well. It is also good for hash browns, soups and salads. It is not good for deep-frying as the high moisture and sugar content will cause black streaks.

The Russet or Idaho potato is high in starch and low in sugar and moisture, this makes it great for deep-frying and baking.

You know summer is right around the corner when the new potatoes appear in the market. What a great meal tossed in butter and accompanied with fresh peas.

Boiled New Potatoes with a Garlic Lemon Dressing

3lb Small red potatoes-very small

-Peel a strip around the middle of each potato.

5 Garlic cloves-peel

-place in a pot with the potatoes and enough salted water to cover by 2" and boil until tender, about 15-20 mins.

-Transfer the potatoes to a bowl and the garlic to the blender.

1T + 1t fresh lemon juice

4T Olive oil

Salt and pepper to taste

-add to the blender with the garlic and puree, then toss with the potatoes in the bowl.

3T fresh parsley

2T fresh mint or basil

-chop the herbs and sprinkle on the potatoes, this dish can be prepared 4 hours ahead of time and served warm or at room temperature. Serves 6

Steamed New Potatoes with Mint and Parsley

2lb Small red potatoes-very small and halved.

-place steamer over boiling water and steam for 12-15 mins.

2T fresh mint leaves-minced

2T fresh parsley-minced

2T butter –softened

2T sour cream

-Stir together the last 4 ingredients and season with salt and pepper.

-when the potatoes are tender toss them well in the herb mixture.

Serves 4.

Parchment –Baked Minted Potatoes.

3T butter-melted

1 1/2T mint leaves-shredded

1 1/2T Shallot-minced

1 large pinch Lemon Zest-grated.

Salt and pepper

-mix till well combined

1 1/2lbs New Potatoes-sliced as thin as possible.

-toss in mixture and coat well.

4 pieces parchment paper each 14"x8".

-fold each piece in half by bringing the short ends together, and with scissors trim the unfolded edges of each piece to form a half-heart shape. Unfold the papers, divide the potatoes among them, arranging the potatoes just to one side of the folded line, and fold the other halves over the potatoes. Beginning with the folded corner, twist and fold the edges of the papers together, forming half-heart-shaped packets, and seal the ends tightly by twisting them. Bake the packets for 17 mins @ 350°F. Serve the potatoes in the packets and slit the packets open at the table.

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