
Potatoes 101

A happy place....



POTATOES WE GROW



Blue Russian

All-purpose;
White flesh



Red Chieftain

All-purpose;
White flesh



Banana Fingerling

All-purpose;
Yellow flesh

Types of Potatoes:

Boiling potatoes: have a firm, waxy texture. Because they hold their shape well when boiled or steamed, these low-starch potatoes are good choices for salads, soups, stews, or au gratin dishes. (Tip: if after slicing a raw potato, the knife comes out clean, chances are it is more suited to boiling than baking). Our boiling potato varieties include: New potatoes and red potatoes.

Baking potatoes: have a drier, starchier flesh and cook up with a fluffy texture. They are best baked, mashed or deep-fried. (Tip: if after slicing a raw potato the knife is coated with white, foamy starch, chances are it is more suited to baking than boiling). We do not grow baking potatoes at SLFarms.

All-purpose potatoes: have qualities that fall in between those of boiling and baking potatoes. Our farm grows the following all-purpose potato varieties: Blue potatoes, Yukon Gold potatoes, Kennebec potatoes.

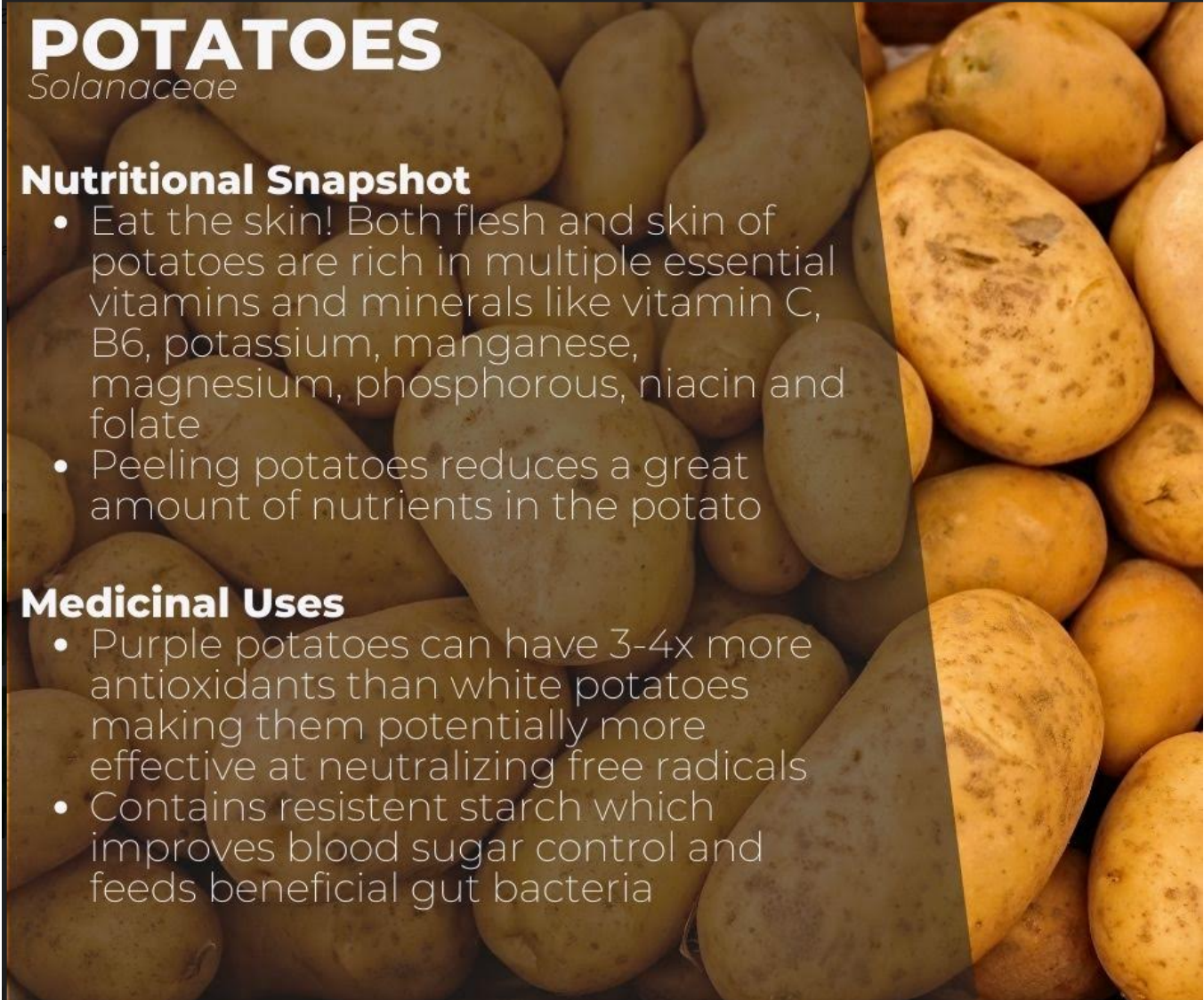
How to store:

Keep unwashed potatoes in a cool, dark, dry place, such as a loosely closed paper bag in a cupboard. They will keep for two weeks at room temperature. Moisture causes potatoes to spoil, light turns them green, and



proximity to onions causes them to sprout.

Don't put them in the refrigerator, as low temperatures convert the starch to sugars. However, new potatoes, which are young and thin-skinned, may be refrigerated if you don't plan to eat them within a few days.



POTATOES
Solanaceae

Nutritional Snapshot

- Eat the skin! Both flesh and skin of potatoes are rich in multiple essential vitamins and minerals like vitamin C, B6, potassium, manganese, magnesium, phosphorous, niacin and folate
- Peeling potatoes reduces a great amount of nutrients in the potato

Medicinal Uses

- Purple potatoes can have 3-4x more antioxidants than white potatoes making them potentially more effective at neutralizing free radicals
- Contains resistant starch which improves blood sugar control and feeds beneficial gut bacteria

Potato Prep:

Scrub well and cut off any sprouts or green skin. Peeling is a matter of preference. In soups, the skins may separate from the flesh and float in the broth, but when baked, pan-fried or roasted, the skins acquire a crisp, crunchy texture. If baking a whole potato, be sure to prick the skin at least 2 places to allow steam to escape.

Substitutes:

Cauliflower, tempeh, sweet potato, summer squash, turnip, kohlrabi

Best Uses:

Potato salads

Fried in a skillet Oven Fries

Roasted

Boiled

Potato Bread

Hash browns

Soups

Scalloped Potatoes

Grilled

Mashed/Pureed/Riced

Gnocchi

Potato Latkes/Pancakes

Potato Hash

Potato Chips

Casseroles/ Gratin Tacos

Campfire Meal

Pizza



Cooking a Potato Whole 3 Ways:

Baking:

Wash the skin of the potato, then dry with a paper towel. Prick several times using a fork.

Place unwrapped in an oven set for 425 F, and bake until you can pierce it easily with a fork.

Microwave:

Wash the skin of the potato and dry. Prick with a fork all around. Place the potato on a microwave-safe plate. Cook on full power for 5 minutes. Turn over and continue to cook for about 4-5 minutes more (depending on your size of potato the cooking time will vary).

Boiling:

Peel skins if you like. Cut into smaller pieces to speed things up. Place in a large pot of cold water. Add pinch of salt and bring to a boil. Keep water at a rolling boil for 15-30 minutes, depending on size. Drain potatoes and let them dry out and cool off.

How to Freeze Potatoes:

1. Wash potatoes in cold water and peel.
2. If the potatoes you are using are large, cut them into small cubes.
3. Bring a pot of water to a boil. Blanch in salted boiling water for 3-4 minutes.
4. Quickly remove the potatoes and dunk them into a bowl of ice water. Leave them in the water for as long as you blanched

towel or countertop/ cutting board for about 2 minutes.

6. Place in a freezer bag to freeze, excluding as much air as you can. Store for 12 months.

Suggested Recipes:

Crispy German Potato Pancakes

I like to serve these with cinnamon sugar, sour cream, or apple sauce on top, alongside a good ham steak and some cream of spinach. Brings me back to my German roots...

them.

5. Drain well. Let the potatoes dry on a tea

This is the Colorado Potato Beetle, and it shows up every year without fail to try and destroy our potato crop. Farmers struggle to deal with these pests



Ingredients:

2 egg

2 T all-purpose flour

1/4 t. baking powder

1/2 t. salt

1/4 t. black pepper

6 medium potatoes, peeled and shredded

1/2 cup onion, finely chopped

1/4 cup vegetable oil

Directions:

In a large bowl, beat together eggs, flour, baking powder, salt, and pepper. Mix in potatoes and onion.

Heat oil in a large skillet over medium heat. Working in batches, drop heaping tablespoonfuls of the potato mixture into the skillet. Press to flatten. Cook for about 3 minutes on each side until browned and crispy. Drain on paper towels.

Salt-and-Vinegar Potatoes

Recipe from Bon Appétit, May 2014

Crispy, tangy, crunchy, salty—just a few words to describe these addictive salt-and-vinegar potatoes. The potatoes are cooked first in vinegar to infuse the flavor through the flesh of the potatoes, and then pan-fried until crispy before sprinkling with your best sea salt and finishing with a final drizzle of vinegar.

Total time required: 45 minutes (20-25 minutes unattended). Serves 4.

Ingredients:

2 pounds potatoes, halved, quartered if large

1 c plus 2 T distilled white vinegar

1 T kosher salt, plus more

2 T unsalted butter

Freshly ground black pepper

2 T chopped fresh chives

Flaky sea salt

Directions:

Combine potatoes, 1 c vinegar, and 1 T kosher salt in a medium saucepan; add water to cover by 1". Bring to a boil, reduce heat, and simmer until potatoes are tender, 20–25 minutes; drain and pat dry.

Heat butter in a large skillet over medium high heat. Add potatoes; season with kosher salt and pepper. Cook, tossing occasionally, until golden brown and crisp, 8–10 minutes. Drizzle with remaining 2 T vinegar. Serve topped with chives and sea salt.

Cheesy Leftover Mashed Potato Waffles

Adapted from www.justataste.com

What do you do with those leftover mashed potatoes? Well, you could “pancake” them, OR turn them into waffles in this delicious take on recycling. LOVE IT!

Ingredients:

2 Tablespoons vegetable oil

1/4 cup buttermilk

2 large eggs

2 1/2 cups leftover mashed potatoes

3 Tablespoons chopped scallions

1 cup shredded cheddar cheese

1/2 cup all-purpose flour

1/2 teaspoon baking powder

1/4 teaspoon baking soda

Sour cream, for serving

Directions:

Preheat the waffle baker and grease it with cooking spray. In large bowl, whisk together oil,

buttermilk and eggs. Stir in the mashed potatoes, scallions and cheese until well combined.

In a separate small bowl, whisk together the flour, baking powder and baking soda. Fold the flour mixture into the potato mixture until it's well combined.

Scoop 1/2 to 2/3 cup (depending on the size of your waffle baker) of the mixture into the prepared waffle baker, spreading it into an even layer. (The potato mixture will not spread or expand as much as a regular waffle, so it's important to spread it in an even layer.) Close the lid and let the waffle bake until golden brown and the egg is cooked throughout.

Transfer the waffle to a serving plate then repeat the filling and baking process with the remaining potato mixture. Serve the potato waffles topped with sour cream and garnished with additional chopped scallions.

Scalloped Potatoes

Recipe adapted from Cooks' Illustrated, March 2003

This is the classic “cheesy potatoes,” but homemade, with real potatoes instead of frozen hashbrowns and cream-of-whatever soup. It’s delicious, and I don’t think you’ll be able to go back to the old version after trying this! Total time required: about 45 minutes. Makes 4-6 servings.

Ingredients:

2 T unsalted butter

1 medium onion, minced (about 1 cup)

2 cloves garlic, minced or pressed through garlic press

1 T chopped fresh thyme leaves

1 ¼ t table salt

¼ t ground black pepper

2 ½ pounds potatoes, peeled and sliced ⅛-inch thick

1 c low-sodium chicken broth

1 c heavy cream

2 bay leaves

4 ounces grated cheddar cheese, shredded (1 cup)

Directions:

Adjust oven rack to middle position; heat oven to 425 degrees.

Melt butter in large Dutch oven over medium-high heat until foaming subsides. Add onion and cook, stirring occasionally, until soft and lightly browned, about 4 minutes. Add garlic, thyme, salt, and pepper; cook until fragrant, about 30 seconds. Add potatoes, chicken broth, cream, and bay leaves and bring to simmer. Cover, reduce heat to medium-low, and simmer until potatoes are almost tender (paring knife can be slipped into and out of potato slice with some resistance), about 10 minutes. Discard bay leaves.

Transfer mixture to 8-inch-square baking dish (or other 1 1/2-quart gratin dish) and press to an even layer; sprinkle evenly with cheese. Bake until cream is bubbling around edges and top is golden brown, about 15 minutes. Cool 10 minutes before serving.

Corinna's Gulyassuppe (Goulash Soup)

Many of you may not know that my mother was born and raised in Germany during the second World War. I grew up eating lots of yummy German foods. This is a favorite Bavarian midnight snack — a local tradition in Munich's beer halls. The flavor of this soup is even better if you let it sit for a day. -Corinna

Serves 4.

Ingredients:

2 T. fresh lard or bacon fat, or 3 T. light vegetable oil

1 large yellow onion, diced

1/2 cup carrots, diced (not in original recipe)

1/2 cup celery, diced (not in original recipe)

1 heaping T. Hungarian sweet paprika

1/2 t. Hungarian hot paprika (I don't add this in)

1 pound beef stew meat, cut into 1 inch cubes

1 t. kosher salt

1/2 t. freshly ground black pepper

2 T. distilled white vinegar or white wine vinegar

1 T. tomato paste

1 T. caraway seeds

1/2 t. dried marjoram

1 clove garlic, crushed

3 medium potatoes, peeled and diced

Directions:

1. Heat fat in heavy 3 quart saucepan or Dutch oven over medium heat. Add onions, carrots, and celery and saute until soft and faintly golden, but not brown, about 8 minutes. Lower heat, sprinkle paprika over vegetables and saute, stirring, until paprika loses its raw aroma, 1-2 minutes more.

2. Add beef and stir to coat with paprika-vegetable mixture. Cook, stirring occasionally, until meat cubes sear and lightly brown, about 8 minutes. Sprinkle with 1 teaspoon salt, 1/2 teaspoon pepper, and vinegar and stir in tomato paste. Simmer over low heat, stirring gently, until mixture is blended, 3-4 minutes

3. Add caraway seeds, marjoram, garlic, and just enough water to cover meat, increase heat to high and bring to a boil. Decrease heat to medium, cover loosely and simmer gently until meat is almost completely tender, 45-60 minutes. Add diced potatoes and cook slowly until meat and potatoes are completely soft, 20-25 minutes more. Add water as needed to maintain a soupy consistency. Sprinkle with parsley if desired. Check and adjust seasonings.

Oven-Baked Potato Parmesan Fries

Linda Ly, The CSA Cookbook

Ingredients:

2 1/2 lbs. potatoes, cut into 3-inch wedges

2 T. olive oil

1/2 t. kosher salt

1/2 t. garlic powder

1/4 t. smoked paprika

1/4 t. ground cumin

1/4 t. ground cayenne pepper

1/4 c. Parmesan cheese, grated

2 T. chopped fresh parsley

Directions:

Preheat oven to 450 F. Grease a large rimmed baking sheet and set aside.

In a large bowl, toss the potatoes with the oil until coated. In a small bowl, combine the salt, garlic powder, paprika, cumin, and cayenne. Sprinkle the spices over the potatoes and toss to coat. Spread the potatoes across the prepared baking sheet in a single layer and bake for 30-35 minutes until brown and crispy. Transfer to a large serving bowl. While the potatoes are hot, scatter Parmesan and parsley on top and toss to combine.

Warm Potato Salad with Grainy Mustard

Adapted from Gourmet, August 2006

This warm potato salad is perfect with grilled sausages. Total time required: about 25 minutes. Makes 4 servings.

Ingredients:

2 lb red potatoes

1 1/2 t salt, divided

3 T Shared Legacy Farms' sweet onion, finely chopped

1/2 T Dijon mustard

1 T whole-grain mustard

1 T white-wine vinegar, or to taste

1/2 t black pepper

3 T olive oil

2 T chopped fresh flat-leaf parsley

Directions:

Cover potatoes with water by 1 inch in a 3- to 4-quart saucepan, then bring to a boil with 1 t salt. Simmer, partially covered, until potatoes are tender, about 10 minutes, then drain.

Whisk together onion, mustards, vinegar, pepper, and remaining 1/2 teaspoon salt in a large

bowl, then add oil in a slow stream, whisking until emulsified.

When potatoes are just cool enough to handle, cut into bite-sized pieces, then add to vinaigrette along with parsley and toss to combine. Serve warm or at room temperature.

Curried Stir Fried Potatoes

Adapted from Mark Bittman

Ingredients:

3 T. canola oil

1 T. cumin seeds (optional)

1 small red onions, finely chopped

1 1/2 pounds all-purpose potatoes, peeled and shredded or minced

1 T. garam masala or curry powder

Salt and black pepper, ground

Pinch cayenne

1/4 cup chopped fresh cilantro leaves (optional)

Directions:

Pul the oil in a large non-stick or cast-iron skillet over medium-high. When hot, add the cumin seeds if using. Fry them for 30 seconds, then add half the onion and all the potatoes. Add the spice blend, salt, pepper, and cayenne. Cook, stirring or tossing, until the onion has caramelized and the potatoes are lightly browned, about 10 minutes; the potatoes need not be fully tender.

Add the cilantro to the pan, toss once, and transfer to a serving platter. Serve immediately.