

Notes on Potatoes

Potatoes are the perfect side dish or meal. They make a delicious soup and they are easy to bake, twice bake, mash, fry, sauté, or boil. Potatoes are a complex carbohydrate and a good source of Vitamins C, B6, Niacin, and Folate. To store potatoes put them in a bag with holes and place them in a cool, dry place.



Simple Ideas for Potatoes

- For a quick and easy meal, top a baked potato with chili. Serve with sour cream, chives, cheese, cilantro, and tomatoes.
- Drizzle potato wedges with olive oil and dust with salt. Bake at 350 degrees for 40 minutes or until done.
- Boil diced potatoes and then drain them. Mix them in macaroni salad.

Twiced Baked then Grilled Potatoes

Recipe by Heidi Thompson, Thompson's Painted Hill Farm

- 6 Huge Baked Potatoes
- 3 tbsp Butter
- 2 cups Sour Cream
- Chives, chopped (optional, but why not?)
- Shredded cheese (optional, but worth it)

Bake potatoes and allow to cool, cut lengthwise, carefully scoop out potato stuff, making "bowl" with potato skin. Combine potato stuff, 2 tbsp butter, 1 cup sour cream and optional ingredients. Whip with electric mixer and spoon back into potato skin "bowls." You can bake these in the oven (at 325 for 20 min) but they are awesome warmed up on the BBQ grill. They will get a wonderful smoky flavor. Garnish with butter or sour cream, salt and pepper.

New Potatoes

Recipe by Heidi Thompson, Thompson's Painted Hill Farm

- 12 New Potatoes, washed well, halved
- Rosemary leaves, fresh or dried
- 2 tbsp Extra Virgin Olive Oil or melted Butter
- Green Onion, chopped (optional)

Preheat oven to 375. In large bowl place potatoes, rosemary, garlic and optional onions, then toss until potatoes are evenly coated. Place potatoes on cookie sheet, making sure they are not touching each other. Roast for about 45 minutes. Stick with fork to check doneness.

Mashed Potatoes

Recipe by Heidi Thompson, Thompson's Painted Hill Farm

- 12 Medium potatoes, peeled and cubed
- 2 cups Free-range Chicken stock
- ¼ cup Butter
- ½ cup Heavy cream or buttermilk
- Optional: Horseradish, garlic, parsley, feta cheese, shredded cheese, or all of the above
- Salt and pepper to taste

Boil potatoes until soft. Strain and place in large mixing bowl or electric mixer bowl. With electric mixer on low add in chicken stock, butter and cream or buttermilk (then optional ingredients). When evenly moistened, increase speed of mixer to lightly whip potatoes. Makes about 10 servings.