

# fact sheet - baking a potato

## How to bake a potato...



**hottip**  
for best results use a potato labelled as suitable for 'baking'. They will be soft and fluffy when cooked.

### In the oven

Pierce the skin. A medium sized potato bakes to perfection in about 60 minutes at 200°C.

### In the microwave

Each medium sized potato takes about 3 - 4 minutes to cook on high power. So two potatoes will take 6 - 8 minutes, three will take 9 - 12 minutes. Microwaving is perfect if you are cooking for one or two people.

### Simply heat and eat

Put baked beans or cream style corn in a saucepan: stir while heating gently until hot. Or in the microwave: pour into a bowl and heat on high power for 1 minute, stir and then heat again for another 1 minute.

### Top it off!

For a delicious topping simply pour a can of beans or cream style corn over your baked potato.

**One can is enough to top around four potatoes.**

**Did you know?**

Baked potato with baked beans or cream style corn is an excellent source of fibre and is almost 98% fat free... **better still, they taste terrific together!**

## More baked potatoes ways...

### Baked stuffed potatoes

For a baked stuffed potato, cut a baked potato in half, scoop out the flesh, mash it with a little milk and then mix in a can of beans or creamed corn. One can is enough for four potatoes. Pile back into the potato skins.

### Potato volcanoes

Younger children love potato volcanoes – cut a deep cross in each potato and all at the same time with your fingers and thumbs at the base of the potato, push it hard so that all of the flesh erupts!

Pour over our hot lava (cream style corn or beans!)



### Potatoes on a campfire

Pierce each potato and wrap in triple thickness tin foil. Your campfire needs to be well established. Place the potatoes in hot embers. Medium sized potatoes will take around 45 minutes to cook. Using long tongs, turn them a few times during cooking. You can tell they are cooked when they are soft.

To heat a can on an open fire, partially open the can (**this is VERY important**) and place in the edge of the embers – you will see it boiling in about 3 - 5 minutes.

Serve your potato topped with the heated beans or corn. Scrummy!

**hottip**  
If you want a crunchy topping, add a little grated cheese and grill until it melts.



### Potato burger

Cut a baked potato in half – fill with favourite burger fillings!



**Be safe**

- Check there is no fire ban in your area.
- Be safe – never leave a fire unattended and make sure an adult is always present.

**potatoes in a hangi or umu**  
Potatoes cook brilliantly by a combination of steaming and baking in a hangi or umu. Serve with traditional food or top with heated beans or corn.