



# The Great Potato Challenge



2008  
RECIPE COLLECTION





## A PASSION FOR POTATOES

To celebrate the United Nations' **International Year of the Potato 2008**, The Great Potato Challenge collected stunning recipes from our restaurants, cafeterias and cafés. It is evident that the hospitality and food service sector is as passionate about cooking potatoes as diners are about eating them!

Whilst the exceptional taste of potatoes drives this passion, there is an equally impressive list of attributes that ensure our loyalty to this remarkable vegetable.

Potatoes are incredibly versatile in terms of how you cook them and when and what you serve them with. Potatoes also deliver an

abundance of nutrients. Of equal importance is their sustainability for the planet.

Being locally grown, using significantly less water and being a more efficient plant than alternatives collectively make the potato a fantastic environmental choice. From a hospitality and food service perspective, potatoes are an extremely cost efficient component of your menu.

No other food comes with such an outstanding pedigree. It is little wonder that potatoes are New Zealand's favourite vegetable.



The 2008 Great Potato Challenge was divided into two categories.

**Category One:** main meals above \$20 which attracted entries from restaurants, and

**Category Two:** main meals below \$20 which attracted entries from cafés, clubs and cafeterias.

This publication was initially intended to be a collection of the finalists of Category Two winners. However, there were others highly commended that were simply too good not to share. We have also included the finalists in Category One.

We know this collection will inspire you to create more great potato dishes!

# CRISPY POTATO VEGETABLE STACK WITH PROSCIUTTO AND A TRIO OF CHEESES

SERVES 10

## INGREDIENTS

15 medium sized general purpose potatoes  
30ml butter or oil  
10 rashers prosciutto, cut into four

1 1/2 medium egg plant, sliced  
15ml cooking oil  
Grated parmesan cheese for garnish

## METHOD

Preheat the oven to 180°C. Peel and slice the potatoes on a mandolin to give equal thickness. Heat the butter in a frying pan, add potatoes and cook until golden brown. Bake the prosciutto in the preheated oven for 5-10 minutes. Place the potato in paper towels to absorb any oil, place on oven tray and bake for 5-10 minutes in preheated oven. Season the egg plant with salt and pepper. Heat the oil in a frying pan and cook the egg plant in the oil for 3-4 minutes.

## COURGETTE MIXTURE

7 courgettes, grated  
100g blue cheese  
125g ricotta cheese  
Salt and pepper

Place all the ingredients in a bowl and mix until combined. Season with salt and pepper to taste.

3 tablespoons beetroot relish  
1 tablespoon balsamic reduction  
10 sprigs Italian parsley

Using a metal ring, place three slices of potato in the bottom followed by the egg plant, 2-3 tablespoons courgette mixture, 2 slices of prosciutto. Repeat and garnish with grated parmesan cheese. Bake in the oven for 10-15 minutes. Place on a plate. Carefully remove metal ring. Serve with beetroot relish and balsamic reduction and garnish with Italian parsley.

**CATEGORY TWO**  
DCAFE (student training restaurant)  
**LYNFIELD COLLEGE**  
AUCKLAND



# SAFFRON POTATO CURRY WITH SAUTÉED CHICKEN AND KAFFIR LIME LEAVES

SERVES 10

## INGREDIENTS

1.7kg boiling potatoes, peeled and diced	20 Kaffir lime leaves
1 teaspoon saffron threads	2x400ml cans coconut cream
40ml oil	500ml chicken stock
150g onion	2 Kaffir lime leaves, finely sliced
4 cloves garlic, diced	30ml oil
2 tablespoons chopped fresh ginger	20ml oil
3 coriander roots	1kg chicken breast, sliced into stir-fry
2 chillies, finely diced	Salt and freshly ground pepper to taste
15g curry powder	

## METHOD

Place the diced potatoes and the saffron in a pot of boiling water and cook until soft. Remove and cool. Heat a small saucepan and add the first measure of oil. Add onion, garlic, ginger and coriander and cook 2-3 minutes. Add the chilli and curry and cook for a further two minutes. Add coconut cream, half the stock and lime leaves, simmer a further 10 to 12 minutes and season. Remove the coriander root. While the sauce is simmering, heat a sauté pan with the second measure of oil. When hot, add potatoes and toss until golden and crisp. Keep warm. Heat last measure of oil in a sauté pan. Add the chicken, in batches, and stir-fry until cooked. To serve, mix the chicken and potatoes together, top with the great curry sauce and garnish with the lime leaves.

CATEGORY TWO  
CHEF JOHN CAMPBELL  
SQUID CATERING  
AUCKLAND



# PAPRIKA-SPICED POTATO GOULASH

SERVES 10

CATEGORY TWO  
CHEF SHANE  
HIGGINSON  
BASALT, HOWICK, AUCKLAND

## INGREDIENTS

150ml cooking oil	100ml lemon juice
20 rashers streaky bacon, thinly sliced	1.25l vegetable stock
8 medium-sized onions, peeled and thinly sliced	1.7kg diced or wedged par-boiled boiling potatoes cooked to al dente
3 tablespoons tomato paste	50ml cream
6 cloves garlic, peeled and finely chopped	Sea salt and freshly milled pepper to taste
1 tablespoon fresh thyme	10 thyme sprigs
2 tablespoons paprika	

## METHOD

Heat the oil in a large saucepan over moderate heat. Add the bacon and onion and sauté until golden brown. Add the tomato paste and continue to fry for two minutes, stirring well. Add the garlic, thyme and paprika and combine thoroughly. Fry for 30 seconds then add the lemon juice and stock. Bring to the boil then reduce the heat to a slow simmer for 15 minutes. Remove from the heat, transfer to a clean saucepan and season to taste. The sauce should be a thick coating consistency. If too thick, dilute with a little extra stock. To serve, add cream to sauce and bring back to simmer. Add potatoes, being careful to not overcook. Check seasoning. Serve garnished with thyme.



# CAMP STYLE POTATOES

SERVES 10

## INGREDIENTS

50g butter

1 tablespoon oil

2 onions, sliced

2 cloves garlic, crushed

10 rashers bacon, cut into pieces

2.25kg boiling potatoes,  
boiled and sliced

2 spring onion, sliced

1 tablespoon chopped parsley

10 eggs, poached

1 teaspoon chopped parsley

## METHOD

Heat butter and oil in a non-stick frying pan. Add the onions, garlic and bacon and sauté for 3-4 minutes. Add potatoes and sauté for a further 4-5 minutes or until potatoes begin to brown. Add spring onion and parsley and heat through. Portion and serve with a poached egg on top. Sprinkle with the chopped parsley.

CATEGORY TWO  
CHEF GORDON  
CAMPBELL  
PETER SNELL YOUTH VILLAGE,  
WHANGAPAROA



# POTATOES BRAISED WITH LEEKS, BACON AND FRESH GARDEN HERBS

**SERVES 10**

## **INGREDIENTS**

6 bacon rashers, sliced

2 large leeks, sliced

10 medium sized boiling potatoes,  
peeled & sliced 1cm thick

750ml, approx chicken stock, heated

3 fresh bay leaves

10g fresh thyme, picked

freshly ground black pepper to taste

60ml olive oil

40g Italian parsley, chopped

## **METHOD**

Preheat oven to 180°C. Heat a heavy based pan, add bacon and stir fry. Add the leeks and cook until softened. Place half the potatoes in a baking dish and sprinkle over leeks & bacon. Layer remaining potatoes on top and pour the stock over to almost cover the potatoes. Place the bay leaves in the potatoes, sprinkle over thyme. Season with black pepper and drizzle with olive oil. Cover with foil and place in preheated oven for about 40 minutes. Remove the foil and cook for a further 20 minutes or until the potatoes are soft and golden. Remove bay leaves. Portion and serve with parsley sprinkled over the top.

**CATEGORY TWO**  
**CHEFTONY SMITH**  
CROWNE PLAZA,  
CHRISTCHURCH



# BAKED POTATOES FOR BRUNCH

SERVES 10

## INGREDIENTS

10 large baking potatoes

Rock salt

3 thyme sprigs

5 avocados (soft)

Salt and milled pepper to taste

50g butter

20 eggs

100ml cream

Freshly milled pepper to taste

100g chopped chives

20 slices pancetta (lightly dried out to keep crisp)

20 roasted tomatoes.

Italian parsley, chopped for garnish

## METHOD

Preheat oven to 200°C. Pierce potatoes with a fork several times so they will not explode! Place the well-scrubbed potatoes on a baking sheet with some rock salt and thyme. Bake for one hour or until soft. Let potatoes cool for several minutes, cut the top off and remove the potato flesh. Place in a bowl and add the avocado – this is similar to adding butter. Finish with salt and pepper. Keep warm. Whisk eggs, cream and milled pepper together. Melt the butter in a suitable pan and scramble the eggs. Add chives. Place the warm potato flesh and avocado back into the potato case and top with the scrambled egg and chives. Serve with the pancetta and tomatoes and garnish with Italian parsley.

CATEGORY TWO  
CHEF MARTIN HARRAP

INDOOR DINING,  
AUCKLAND



# BRADLY'S SMOKED FISH PIE

SERVES 10

## INGREDIENTS

### Fish Pie

1.5kg general purpose potatoes,  
peeled & sliced  
1.8kg smoked fish, flaked  
1/2 onion, diced and sweated  
20g chopped parsley  
3 eggs, boiled, peeled and chopped  
2 tomatoes, finely sliced  
1.5kg potatoes, mashed lightly  
and seasoned  
1 cup grated cheese  
Salt & pepper to taste

## METHOD

White sauce – melt butter and add flour, stirring until no lumps are present. Slowly add warmed milk and cook over a low heat until thick.

Lightly spray an ovenproof dish with oil and line bottom and sides with the sliced potatoes. Arrange the fish, onion, parsley and eggs on top of the potatoes and cover with the white sauce. Arrange the tomatoes over the sauce. Spread the mashed potato over the fish and sprinkle with cheese. Cook in oven preheated to 180°C for 25 minutes or until golden brown and steaming hot.

CATEGORY TWO  
CHEF MARK BRADLY  
WAIMOKOIA - EUREST,  
AUCKLAND



# SPICY POTATO FRITTERS

SERVES 10

## INGREDIENTS

1.7kg baking or mashing potatoes	5g turmeric powder
500ml water	1 clove garlic, crushed & sweated
125g butter	6 large eggs
200g flour	Salt & freshly ground pepper
10g cumin seeds, toasted and ground	Oil for frying
10g coriander seeds, toasted and ground	

## METHOD

Cook the potatoes in a large pot of salted boiling water until tender – 20-25 minutes. Drain and purée using a potato ricer. Place water and butter in a medium pot and bring to the boil. Add flour, cumin, coriander, turmeric and garlic and mix well. Cook for three minutes, stirring constantly, until mixture comes away from side of pot. Remove from heat. Add eggs one at a time, mixing well after each addition. Stir in the potato and season with salt and pepper. Heat oil in a deep fryer or deep pan. Drop in spoonfuls of batter and fry for about five minutes, or until golden. Drain on paper towels and season with salt. Serve hot with tamarind chutney.

CATEGORY TWO  
CHEF MICHELE CAMPBELL  
CHILL ON NORTHCROFT,  
TAUPO



# POTATO, KUMARA & KARENGO CHOWDER

**SERVES 10**

## INGREDIENTS

500g potatoes, peeled (see note 1 below)

500g kumara, peeled

50g butter

50g garlic cloves

3 onions, finely chopped

50ml avocado oil

250ml white wine

500ml cream

500ml milk

50g butter

10g karengo

Garnish: pikopiko or fresh herbs

NZ sea salt and milled black pepper

## METHOD

Preheat oven to 180°C. Place potato and kumara in roasting dish with butter and garlic. Place in oven and cook for 35 minutes. Sauté onions in avocado oil. Add white wine. Peel roasted garlic and place in a large pot. Add potato, kumara, roasting juices and onions. Add cream, milk and second measure of butter. Bring gently to the boil, reduce heat and simmer for 30 minutes. Remove from heat and blend in a food processor. Return to the pot on a low heat, add salt and pepper to taste and adjust consistency with hot water if required. Add karengo and stir through. Serve garnished with lightly steamed pikopiko or a sprig of herb.

Notes:

1. In the picture the front soup has been made using Urenika potatoes. The soup in the background has been made using a white fleshed floury textured potato e.g. suitable for mashing or baking.

2. Urenika potatoes are a native NZ potato, with deep purple skin and purple flesh. Karengo is a dark purple textured sea vegetable found on rocky shores which is sold in powder form. Pikopiko is a native fern shoot found growing in a damp shady area of the bush. Steam pikopiko heads for three minutes prior to using as garnish.

**CATEGORY TWO**  
**CHEF MARTYN BROWN**

MOUNTAIN VIEW CAFÉ & BAR,  
SNOWPLANET, SILVERDALE



# ITSY BITSY STUFFED POTATOES

SERVES 10

CATEGORY TWO  
CHEF KATHRYN TAYLOR  
FINGER FOOD CATERING  
COMPANY, AUCKLAND

## INGREDIENTS

20 small, all purpose potatoes

125g light cream cheese

125g cottage cheese

100g cheddar cheese, grated

3 spring onions, finely diced

5 rashers bacon, very finely diced

Salt and pepper to taste

50g cheddar cheese, grated

## METHOD

Preheat oven to 180°C. Cook potatoes in preheated oven until soft for approximately 30 minutes. Cool. Cut in half and carefully scoop out the potato into a bowl, leaving the skins intact. Mash potato flesh. Add all the remaining ingredients except the second measure of cheese and season liberally. Mix together well to create a smooth consistency. Pile the potato mixture back into the skins and sprinkle with the remaining cheese. Bake in preheated oven for 10-15 minutes or until golden. These can be served immediately or when cool.



# POTATO AND SMOKED SALMON SALAD

SERVES 10

## INGREDIENTS

2kg gourmet sized salad potatoes,  
cut in half

125ml extra virgin olive oil

30ml champagne vinegar

100g chives, finely sliced

1 red onion, finely sliced

2 tablespoons finely chopped parsley

125g sour cream

Salt and white pepper to taste

500g smoked salmon, julienne

30g chervil sprigs

## METHOD

Cook the potatoes in pot of salted boiling water until tender and drain. Combine oil and vinegar and pour over potatoes, ensuring they are well coated. Cool. Place chives, red onion and parsley in a bowl and toss through potatoes. Add sour cream and season well. Serve on a large platter, sprinkle with salmon and top with chervil.

CATEGORY TWO  
CHEF STEVE BARTON

ELLERSLIE CONVENTION  
CENTRE, AUCKLAND



# POTATO, FETA AND MINT FILO PARCELS

SERVES 10

## INGREDIENTS

750g mashing or baking potatoes,  
cooked and roughly mashed

375g feta cheese, crumbled

45g mint, chopped

40g spring onion, finely chopped

18 sheets filo pastry

olive oil spray

salt and pepper to taste

## METHOD

Mix potato, feta, mint and spring onion together; seasoning with salt and pepper to taste. Spray one sheet of filo with oil and cut to three long strips. Place a tablespoon of filling in the top corner of filo and fold over to form a triangle and then keep folding over until the end of the strip. Place triangular parcels on an oven tray and spray with a little oil. Bake in oven preheated to 180°C until crisp and golden. Serve with Greek salad or a dipping sauce.

CATEGORY TWO  
CHEF LAUREN  
CARMICHAEL  
LANGDALE VINEYARD RESTAURANT,  
CHRISTCHURCH



# OLIVE CRUSHED POTATOES WITH SEARED TARAHIHI AND SAUCE ROMESCO

SERVES 10

## INGREDIENTS

2.6kg mashing potatoes  
9 red capsicum  
3 red chilli  
3 garlic cloves  
1 cup extra virgin olive oil

1.6kg tarahihi fillets  
5 broccoli heads, cut into florets  
¼ cup hemp oil  
3 tablespoons balsamic reduction  
Cucumber skin 'spaghetti' for garnish

## METHOD

Wash the potatoes and bake in an oven preheated to 180°C. Place capsicum, chilli and garlic in oven and bake until the capsicum have bronzed. Remove from oven. Skin and deseed the capsicums and chilli. Remove pulp from garlic and blend together. Add salt and pepper and pass through a sieve. Remove potatoes from oven and leave to cool. Cut potato in half and scoop out the flesh. Mix with olive oil. Add salt and pepper to taste. To serve, pan fry fish fillet and place on top of moulded crushed potato in the centre of the plate. Add blanched broccoli, romesco sauce, hemp oil and balsamic reduction. Garnish with cucumber skin spaghetti.

CATEGORY TWO  
CHEF ROBERT CULLEN  
ESCAPE WINE BAR & CAFÉ,  
NELSON



# COLCANNON POTATO

SERVES 10

## INGREDIENTS

2kg mashing potatoes, peeled and chopped into 5cm dice

1 onion, diced

30ml oil

1/2 savoy cabbage, sliced

200g butter, diced

Salt and freshly ground black pepper, to taste

## METHOD

Place potato in a steamer tray and steam for 30 minutes or until cooked – alternatively boil in lightly salted water. Sweat onion in the oil until cooked. Add cabbage and sweat until tender. Place potato and butter into mixer, season to taste and mash. Stir in cabbage and onion and adjust seasoning as necessary. NB. Some warm cream may be added if potato mix is too dry. Place colcannon on a plate and serve with lamb shanks garnished with gremolata.

CATEGORY TWO  
VISIONS  
[Student training restaurant]  
CHRISTCHURCH POLYTECHNIC  
INSTITUTE OF TECHNOLOGY



# POTATO BOULANGERE

SERVES 6

## INGREDIENTS

1.6kg baking potatoes, peeled

210g butter

1 large brown onion

210ml stock, heated

Salt & freshly ground pepper to taste

## METHOD

Slice potatoes into 3mm slices. Slice onion thinly then fry until golden brown and soft. Melt butter and mix with potatoes and onion. Season with salt and pepper. Line an 18cm loaf tin with baking paper and layer the potato mix inside, pressing flat as you go until full. Pour the hot stock over. Fold the excess baking paper over and press again. Bake at 180°C for 45 minutes or until the potatoes are soft and golden brown. Cool in fridge overnight. Remove from tin and outside paper and cut into even sized pieces. To serve, place potatoes back into a pan and hot oven until heated.

*Michael served his Potato Boulangere with chargrilled baby beef sirloin, glazed mushrooms and red wine mayonnaise. He topped it with a tomato concasse made from fresh tomatoes, Italian parsley and beef jus. He garnished it with deep fried Italian parsley.*

CATEGORY ONE  
WINNER  
CHEF MICHAEL  
VAN DE ELZEN  
MOLTEN, MT EDEN,  
AUCKLAND



# POTATO TASTING PLATE

SERVES 10

## POTATO AND LEEK DEMI TASSE

### INGREDIENTS

500g mashing or baking potatoes	250ml vegetable stock
400ml cream	Salt and pepper to taste
350g leeks	6-7 drops truffle oil

## POTATO CROQUETTE

### INGREDIENTS

1kg mashing or baking potatoes	100g macadamia nuts
3 tablespoons oil	300g breadcrumbs
3 tablespoons butter	3 eggs
2 teaspoons chopped chives	250g flour
2 teaspoons mixed herbs	40ml milk
	10 sprigs chervil
	Salt and pepper to taste

## HERB GNOCCHI

### INGREDIENTS

8 (1kg) mashing or baking potatoes	3 cloves garlic, crushed
Pinch rock salt	3 sprigs thyme, picked
15g lemon zest	150ml vegetable stock
12g fresh chopped herbs	150ml cream
400g flour	300g butter beans
2 onions, diced	30g butter

### METHOD

Boil potato with leeks in vegetable stock. Once soft blitz the potatoes then pass through sieve. Add cream, salt and pepper to taste. Serve in a small coffee cup, with 1-2 drops of truffle oil on top.

### METHOD

Boil potato, drain, dry and mash with oil and butter. Season potato, add mixed herbs and form into croquettes. Place in the freezer for two hours so the croquette holds its shape. Roast macadamia nuts, cool and blitz to form a crumb mixture. Add to breadcrumb mixture. Whisk two eggs with the milk in a bowl. Place flour in another bowl and crumb mixture in another bowl. Place a croquette in the flour mixture and coat then place in the egg mixture then in the breadcrumb mixture. Place in the refrigerator to chill before use. Deep fry when required.

### METHOD

Season potatoes with rock salt and roast in oven preheated to 180°C. Once cooked peel and leave to cool. Mash potato and combine with lemon zest and herbs. Place the mashed potato on a clean bench and start folding flour through the potato to form a dough. Lightly combine until the mixture bounces back when a finger is placed onto it. Form gnocchi into shapes and leave to rest. Sweat onion, garlic and thyme for 2-3 minutes, add vegetable stock and cream and reduce by half. Add one knob of butter and slowly fold in. Add butter beans and simmer for a following 2-3 minutes on low heat. Blanch gnocchi in boiling water until they start to float. Once cooked drain and dry. Heat the butter in a frying pan, add gnocchi and cook until coloured. Add gnocchi to cream and butter bean mixture and serve.

*To serve (using a long plate): Place a small coffee cup at one end and fill with soup. Place the gnocchi and butter bean mixture in the middle of plate. Place two croquettes at the end of the plate on top of each other. Garnish with a sprig of chervil.*

CATEGORY ONE  
CHEF MICHAEL SULLIVAN  
FRASER O'CONNELL

FROM SEPIA, THE PREMIER RESTAURANT OF  
RYDGES HOTEL IN CHRISTCHURCH



# SMOKED POTATO CAKES

MAKES 8 - 10

## INGREDIENTS

2 red onions, diced

300g pork belly, salted and roasted

1.4kg baking potatoes, peeled  
and quartered

200g butter

Pinch thyme, chopped

Sea salt and freshly ground  
pepper to taste

Flour

## METHOD

Bake the potatoes in 180°C oven for approximately 20 minutes, remove and dice. Sauté onion and pork belly over a low heat, add diced potato, butter and thyme, season with salt and pepper. Press down on mixture to form a cake. Smoke in smoker prepared using fruit tree wood (cherry wood, plum etc) for 25 minutes. Dust with flour and place in oven preheated to 180°C to brown.

*Eugene served his Smoked Potato Cake with chargrilled beef tenderloin, parisienne vegetables, wild mushroom ricotta and bordelaise sauce.*

CATEGORY ONE  
CHEF EUGENE  
SOKOLOVSKI  
THE ABBEY BAR & KITCHEN,  
GREENLANE, AUCKLAND



## HOW TO GET THE BEST...

### ...boiled potatoes

A waxy textured potato will hold its shape well and have a wonderful smooth texture. This is characteristic of new season potatoes, but some varieties retain this waxy texture throughout their entire season. See page 27.

For boiled potatoes choose even sizes or cut them evenly, cover with cold water; add a pinch of salt and bring to the boil very gently. When the water is boiling turn the heat down so the potatoes just boil with a gentle ripple - this way they will stay whole and won't be too watery to eat. Vigorous boiling will cause most potatoes to break up. When just cooked, drain and return to the pan to rest for a brief period before serving. New potatoes should be started and cooked in boiling water. Add salt to the water if you wish. For best flavour with potato salads add your dressing ahead of time to allow flavours to be absorbed.

*To keep warm: You can keep boiled potatoes in a warm oven covered with buttered paper for a short while.*



## HOW TO GET THE BEST...

### ...baked potatoes

Pierce the skin in one or two places. Place in a really hot oven, 200°C, and cook for about an hour (dependent on size). This way, the skin becomes crunchy and the flesh very fluffy. You can bake almost any variety but remember the more floury potatoes will have fluffier textures and will absorb more fillings and flavours.

*To keep warm: Jacket potatoes keep warm well, but you will lose the crispy skin. You can also cook them in advance and reheat when required in a hot oven.*



## HOW TO GET THE BEST...

### ...mashed potatoes

Select a floury textured potato – if you use a waxy textured potato the mash will be 'gluey'. Boil the potatoes, drain and then dry them out a little on the stove before mashing or ricing. When adding milk or cream to mash, heat the liquid to approximately the same temperature as the potatoes as this will ensure a very smooth even texture.

Vary what you add to your mash. Traditional favourites of milk, butter, salt and pepper are delicious. Also try combinations of finely chopped herbs, grated cheese, plain yoghurt, sour cream, olives, capers, sun-dried tomatoes or sautéed onion, capsicum or mushroom.

*To keep warm: Cover with buttered paper and place in a warm oven. To serve, beat with a wooden spoon, adding a little more liquid if necessary.*



## HOW TO GET THE BEST...

### ...roast potatoes

Selecting a floury textured potato gives you the best textured result. Peel and cut into even sized pieces. Parboil in water for about ten minutes or until the outer layer of the potato is cooked. Preheat the oven to 200°C. Put a little oil in a pan and toss the potatoes to coat them in the oil.

Alternatively use an oil spray to ensure even coating. In place of oil you could use clarified butter or dripping. Turn a couple of times during cooking. When golden brown, season and serve immediately.

There are many different opinions on what makes the best roast. You don't have to parboil the potatoes first, but you do get great results. If you opt not to parboil first you will need to extend the cooking time.

*To keep warm: Roast potatoes are best served immediately. They will keep warm in a 100°C oven but become hard very quickly. To prepare them in advance, cook as per the previous*

*instructions but remove from the oven just before they are fully cooked. Place on absorbent paper as before and reheat for 10 minutes.*

Keep the amount of fat or oil added to a minimum. Use an oil spray for an even but light coating.

- Cut them differently – unpeeled or peeled, the choice is yours.
- Country style chips – cut the potatoes into thick slices.
- Criss-cross potatoes – halve a potato and cut criss-cross patterns in the cut half with a sharp knife and brush with oil. Bake cut side up.
- Hasselback – place one potato at a time in the hollow of a large spoon and make vertical slices. The spoon will stop you cutting right through. Brush with oil.
- Wedges – cut each potato into about 8 wedges.



## HOW TO GET THE BEST...

### *...sautéed potatoes*

Select a variety that is not too waxy or too floury – a general purpose potato will hold its shape when precooked but will have a softer texture once sautéed. Boil or steam even sized potatoes. Cool slightly and peel if required. Cut into slices or dice and sauté in hot oil or butter until golden. Sautéed potatoes may be varied by adding extra ingredients such as; garlic, rosemary, caraway, sautéed onions, grilled capsicums or fried lardoons of bacon.



## HOW TO GET THE BEST...

### ...chips

If you offer them, chips will no doubt be one of the most popular items on your menu. Cooked correctly they don't need to be high in fat.

The Chip Group is a group of companies who are all involved in the chip industry. They, along with the Heart Foundation, have established a set of Standards for deep fried chips to help improve their nutritional value and quality, whilst still retaining a delicious flavour and texture.

The Standards have been developed specifically for the food service and hospitality sector. By following the Standards the quality of your chips will be consistently high. You will also save money by managing your frying medium properly.



## MAKING ONE OF NEW ZEALAND'S FAVOURITE FOODS HEALTHIER

### WHY

New Zealanders eat around 120,000 tonnes of chips each year; therefore, making them lower in fat and salt could have a big impact on people's health. Research shows that consumers prefer the taste of chips when they are cooked according to the industry standards.

### HOW

Key industry groups, including operators in the food service and hospitality sector, were consulted to ensure that the industry standards are relevant and practical.

### WHAT

Encourage use of these Standards daily. Check out the online training for quick, simple, easy to follow modules on each of the Standards. This training is free of charge and will benefit you and your customers. Certificates are available on completion.



[www.thechipgroup.co.nz](http://www.thechipgroup.co.nz)

## STANDARDS FOR DEEP FRIED CHIPS

### CHIP SIZE

Use thick straight cut chips of **at least 13mm**.

### COOKING

Use a **digital thermometer** to check the accuracy of the oil temperature. Cook chips at a temperature of **175°C** for between **3 – 4 minutes** for final fry.

### DRAINAGE

**Bang** or **shake** the basket vigorously **twice** and **hang** for at least **20 seconds**.

### FRYING MEDIUM MAINTENANCE

Maintain frying medium in good quality.

- **Keep** fryer topped up with **fresh frying medium**.
- **Filter frying medium** daily.
- **Cool frying medium** and **cover fryers** when not in use.
- **Test and discard** frying medium when it shows signs of **degradation** (breakdown).

### FRYING MEDIUM

Use a frying medium that meets the following criteria:

- Saturated fat equal to, or less than, 28%
- Trans fat equal to, or less than, 1%

The frying mediums that may meet these recommendations include: high-oleic sunflower oil, high-oleic low-linolenic canola oil, rice bran oil, cottonseed oil, canola oil and some blends.

### SALT

Use salt **sparingly** if seasoning chips.

### TRAINING & EDUCATION

Adopt **best practice frying training** for staff e.g. Chip Group Online Training [www.thechipgroup.co.nz](http://www.thechipgroup.co.nz), or NZQA frying unit standards.

**IMPORTANT** All premises involved in the production of takeaway chips must comply with existing regulations, e.g., Food Hygiene Regulations 1974, Food Act 1981, Health & Safety in Employment Act 1992, and any subsequent amendments.

## TIPS FOR GREAT POTATO RESULTS

Different potatoes will cook differently, so you need to use a potato best suited to your cooking method. The same variety will cook differently at different times. To ensure you get a consistent result the best solution is to buy potatoes by END USE rather than variety. These potatoes are cook tested by the growers to assess how they will perform when cooked. For example, if you buy a potato labelled as 'roasting' you can be assured of excellent roast potatoes. The variety of the potato is generally marked on the packaging either on a neck tie or by a sticker. The variety within the bag will change depending on what variety the grower assesses to be the best option at that time. If you need advice on which potato to use talk to your potato supplier.

### *floury or waxy, why it matters...*

Basically, there are two main parts of a potato – water and starch. The more starch in the potato the more 'floury' it is and the more water, the more waxy in texture. It is important to remember both are different when cooked. To determine which category a potato falls into, the percentage of dry matter is measured – in other words, the percentage within the potato which is not water. Some potatoes have moderate amounts of starch. These potatoes fall into the 'general purpose' category and will tend to perform most tasks, although perhaps with not as good results as the ones which clearly fall into the floury or waxy categories.

## POTATO TEXTURE CHANGES THROUGHOUT THE YEAR

As the season progresses a potato changes e.g. an Iam Hardy early in the season (October) is quite waxy. As the Iam Hardy gets older it is a good all-purpose potato, whilst towards the end of the season when a lot more of the natural sugars have converted to starch, it tends to be floury! Not all potatoes show such a range of characteristics.

Weather, climate and soil have a dramatic effect on the cooking performance of a potato e.g. a Southland grown Nadine may be very waxy whilst a Pukekohe grown Nadine may be only slightly waxy. Flavour is also influenced.

*There is a lot of interest in different potato varieties. There are many grown in New Zealand, but there are no more than 10 to 12 varieties which are 'common' and readily available. In addition there are a lot of varieties which have limited and/or localised supplies.*

## POTATO TEXTURE



For **boiling, salads** and **casseroles** use waxy potatoes.

Waxy potatoes have a high water content and are low in starch. They have a dense texture and retain their shape during cooking. They don't absorb a lot of oils or dressing.

*Varieties which tend to be waxy are most early (new) season potatoes, Nadine, Draga, Frisia, Jersey, Bennie, Liseta, Red King Edward, Tiffany, Annabelle.\**



Some potatoes can be used for most end uses.

These good all-rounders have a moderate starch content and are not too floury, not too waxy.

*Varieties which tend to be general-purpose are Rua, Desiree, Karaka, Moonlight, Red Ruby, Rocket, Maris Anchor, Van Rosa.\**



For **mashing, wedges, roasting, chips** and **baking** use floury potatoes.

Floury potatoes are low in water content and high in starch. They have a dry and delicate texture, break up easily when cooked and absorb a lot of liquid and flavour.

*Varieties which tend to be floury are Ilam Hardy, Red Rascal, Agria (and related varieties Bolesta and Markies), Fianna, Victoria, Laura, Marabel.\**

\* Depends on growing conditions, weather, and time of year.

Selecting the right potato for the job



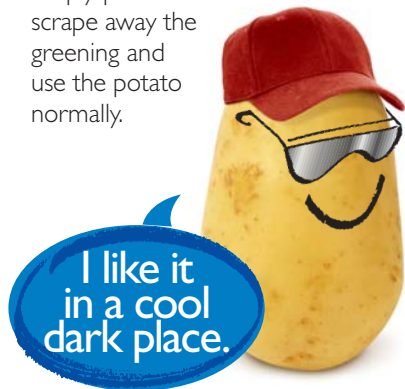
If a potato does not perform how you predicted you need to be prepared to change your cooking method to match the type of potato you have.

No matter how clever you are as a chef or cook, if you have a floury potato it will not hold together when boiled and will not give you a good salad. Similarly, if you try and mash a waxy potato your mash will be gluey.

Obviously personal preferences come into play, for example if you prefer your mash to be less fluffy, just select a potato that is less floury.

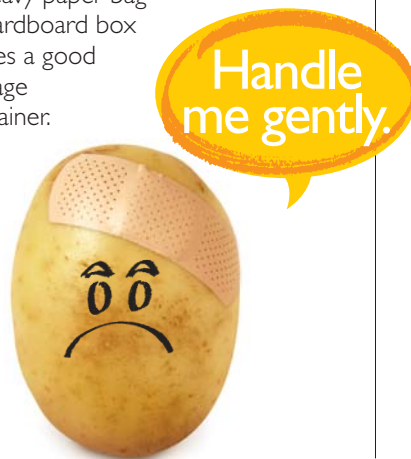
## What causes greening?

- When potatoes are exposed to light they can develop a green colour resulting in chlorophyll formation in the surface layers. Associated with this is the formation of a toxic alkaloid, solanine.
- The amount of green pigment depends on the intensity of the light, length of exposure and age of potato.
- New potatoes are susceptible to greening.
- Some varieties have quite a yellow flesh - don't confuse this with greening.
- If you do purchase potatoes with lots of greening return them to your supplier. If there are small amounts of greening simply peel or scrape away the greening and use the potato normally.



## Potatoes like perfect conditions

- Store potatoes in a well ventilated, cool, dark place.
- Don't put them in the fridge as the flavour changes will be noticeable.
- Always remove them from any plastic packaging, unless it is a 'Greenguard' bag which has been manufactured specifically for potatoes.
- Handle carefully - even though they look tough potatoes do bruise easily.
- A heavy paper bag or cardboard box makes a good storage container.



## What should you look for?

- Choose potatoes that haven't got any cuts, bruises, green patches or shoots.
- Sometimes you may choose a smooth looking potato over a misshapen one and assume that it is a better product. This is not necessarily the case as some varieties characteristically have skins which are netted or have eyes in them.
- A potato does not have to look good to cook brilliantly!







# Potatoes

NEW ZEALAND

*Growing together*



[www.vegetables.co.nz/potatoes](http://www.vegetables.co.nz/potatoes)

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