

# Potato varieties and how they cook

There are many potato varieties grown in New Zealand, but there about 10 - 12 varieties which are 'common' and readily available. In addition there are a lot of varieties which have limited and/or localised supplies.

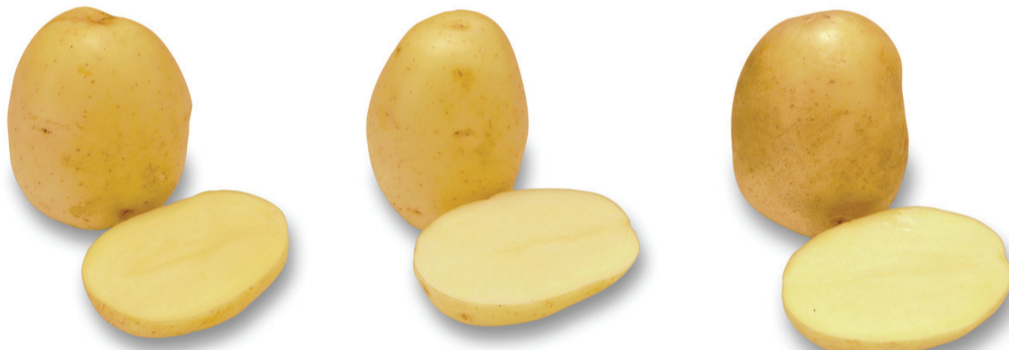
## How different potatoes cook



These potatoes have been cooked in exactly the same way, their textures are quite different once they have been cooked. It is the texture that has an impact on your finished dish. **Ideally use a potato best suited to your cooking method.**

### For boiling, salads and casseroles use waxy textured potatoes

These potatoes have a high water content and are low in starch. They have a dense texture and retain their shape during cooking. This includes most 'new' potatoes.



Draga

Nadine

Frisia

And limited or localised supplies of Jersey Bennie, Liseta, Red King Edward, Tiffany, Annabelle

### Some potatoes can be used for most end uses... look for general purpose potatoes

These good all-rounders have moderate starch content and are not too floury, not too waxy - they sit between the two ends of the spectrum.



Rua

Desiree

Karaka

Moonlight

And limited or localised supplies of Red Ruby, Rocket, Van Rosa and Maris Anchor.

### For mashing, wedges, roasting, chips and baking use floury textured potatoes

These 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.



Ilam Hardy

Red Rascal

Agria

Fianna

Agria has some very similar related varieties Bolesta and Markies. There is also limited or localised supplies of Victoria, Laura, Marabel which fall into this category

### Floury vs waxy

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 category.