



Potato Recipe Book

Potato Mushroom Cakes from Christine

Ingredients

500g/1lb flourly (mealy) potatoes diced

25g/1oz/2 tablespoons butter

175g/6oz mixed mushrooms, chopped

2 garlic cloves, crushed.

1 small egg, beaten.

1 tablespoon chopped chives.

Flour for dusting.

Oil for frying.

Salt and pepper.

Directions

Cook potatoes in a pan of boiling water for 10 minutes.

Drain and mash. Melt butter and fry mushrooms, garlic and cook for 5 minutes, drain well. Stir in mushrooms, garlic into potato mixture with beaten egg and chives. Divide mixture into 4 portions and shape into round cakes, toss in flour until coated.

Heated oil and fry in a medium heat for 10 minutes and turn.

Serve and enjoy.

Creamy Leek Potato Soup from Martha

Ingredients

2 leeks, thinly sliced
1lb potatoes, peeled and diced
3 cups vegetable stock
2 bay leaves
½ cup unsweetened almond milk
½ teaspoon of nutmeg
Salt and pepper to taste
Chives, chopped for garnish (optional)

Directions

Put 3 cups of the vegetable stock in a soup pot on medium high heat and saute the leeks until soft and translucent tender; about five minutes.

Add the remaining ingredients and bring to boil. Reduce heat and simmer for twenty minutes. Remove the bay leaf.

Add salt and fresh ground black pepper to taste.

Serve garnished with chopped chives, fresh ground nutmeg, bread, and a garden salad.

Potato Scones from Jean

Ingredients

250g Potatoes
1 knob of Butter
50g Plain Flour
Salt to taste

Directions

Cook the potatoes in boiling water salted for 7-10 minutes until tender and drain. Make a batch of mashed potatoes. Mix in a knob of butter and a little salt and allow the mixture to cool. Knead in enough plain flour until you have a dough. Roll out and cut into shapes. Fry in a dry frying pan until lightly browned on both sides.

Oven Baked Rosti from Jean

Ingredients

500g waxy potatoes, peeled
1 medium onion
30g butter, melted

Directions

Preheat the oven to hot 229c/425f/gas mark 7
Cook the potatoes in boiling water salted for 7-10 minutes until tender and drain. Prepare a 12-hole muffin tin with a little of the melted butter. Grate the potatoes and onion and mix together in a bowl, and pour in the remaining melted butter over the mixture and season with salt.
Divide the mixture into the muffin tin, pressing it down as you go. Cook rosti in the oven for 45 minutes or until cooked through and golden. Loosen carefully with a palette knife, lift out rosti and serve warm.

Potato and Leek Bake from Jean

Ingredients

650g potatoes
2 leeks
A vegetable stock cube
150ml double cream
2 teaspoons of dried herbs
100g grated cheese

Directions

Slice potatoes and leeks. Layer these in an ovenproof dish and pour in vegetable stock mixed with double cream and dried herbs. Sprinkle grated cheese then cover with foil.
Cook in the oven at 180c/160f/Gas mark 4 for 30 minutes. Remove foil and cook for a further 30-35 minutes or until the potatoes are tender and the cheese topping is golden.

Potato Puffles by Jean (serves 6)

Ingredients

4lb potatoes

2 eggs

2 oz butter

½ teaspoon of pepper & 1 level teaspoon of salt

½ pint of milk

2 oz of grated cheese

Directions

Boil, drain and mash the potatoes. Add all the other ingredients. Whip until the mixture stands up stiffly. Drop spoonfuls of mixture into hot deep fat fryer and cook until crisp, for about 5-7 minutes or alternatively put the mixture into a pie dish and bake in the oven for 10-15 minutes at 425f/gas mark 7.

Dolphin Potatoes by Martin

Ingredients

1 kg potatoes (not “new”), thinly sliced

1 onion, thinly sliced

1 clove garlic, crushed or chopped

Knob of butter or 1 tablespoon oil

1 pint (600ml) milk

1 carton crème fraîche

¼ pint (150ml) cream

Directions

Melt butter and cook onion gently until soft. Stir in garlic, cook for another minute and add creams and milk. Season well with pepper and salt, then heat. Add potatoes, stir and simmer for 10 minutes. Transfer to a buttered dish and bake for 45 minutes – 1 hour at 180°C/gas mark 4 or Bake 35-50 minutes, then sprinkle with 120g grated gruyere cheese and bake for a further 10mins.

Champ from Jean (serves 4)

Ingredients

750g potatoes, peeled.

A bunch of spring onions including green tops, chopped.

300ml milk.

50g butter, including extra for serving.

175g cheese, grated

Salt and freshly ground pepper.

Directions

Cut the potatoes into large even sized pieces and cook in boiling water for 20 minutes or until tender. Drain well.

Put the spring onion in a pan with the milk, bring to the boil, then simmer 2-3 minutes.

Remove from the heat and infuse for 10 minutes.

Mash the potatoes well, beat in the milk and onion mixture then the salt and pepper.

Put in a clean pan to reheat then spoon into small bowls in mounds.

Make a hollow in the top of each mound and put in a little butter and cheese.

Colcannon (Ireland) - Kale or cabbage is used instead of spring onion and cheese. It is served in the same way as Champ, or formed into little cakes and fried butter to form a crunchy crust.

Clapshot (Scotland) – Follow the recipe for Champ omit cheese and add 750g mashed turnip. Chives or cooked bacon may be added at the end.

Corned Beef Hash by Jean (serves 4)

Ingredients

600-800g new potatoes

200g Peas

1 Tin Corned Beef

4 eggs

1 tablespoon olive oil

Salt and pepper to taste

Directions

Scrub some baby new potatoes.

Boil for 12-15 minutes until tender, then drain and cut potatoes in half. Heat a little oil in a frying pan and fry the potatoes to a golden brown. Add some cooked peas and diced canned corn beef to the pan, heat and mix gently being careful not to break up the corned beef. Season and serve with poached eggs

Potato and Cheese Muffins by Jean

Ingredients

2 cups self-raising flour

2 $\frac{3}{4}$ cups peeled and grated potato

$\frac{1}{2}$ cup grated cheddar cheese

1 egg, lightly beaten

1 tablespoon olive oil

1 cup milk

Directions

Preheat oven to 180c, brush bases of deep $\frac{1}{4}$ cup patty tins with oil. Sift flour into a large mixing bowl, add the potatoes and cheese. Make a well in the centre and add the combined (do not over beat the mixture). Spoon level tablespoons of the mixture into the tins and bake 10 minutes or until well risen and golden. Leave 2 minutes in the tins before turning on to a wire rack to cool. Repeat until all the mixture is used up.

Potato Blinis by Jean

Ingredients

350g potatoes

4 large eggs

Salt and pepper to taste

1 tablespoon olive oil

Directions

Peel and cut potatoes into cubes, boil in water until tender.

While the potatoes are cooking, separate eggs.

Whisk the egg whites until stiff.

Transfer the cooked and drained potatoes to a bowl along with the egg yolks.

Season and carefully fold in the egg whites to the mixture.

Spray a frying pan with oil. Add 3 or 4 separate tablespoons of the mixture to the pan.

Fry on both sides on a high heat until set and lightly browned.

Set aside and keep warm.

Repeat until all of the mixture has been used up.

Scottish Macaroon Bars by Sandy

Ingredients

2 potatoes

500g Icing sugar

2 bars plain chocolate

Desiccated coconut.

Directions

Boil and mash the potato, allow to cool.

Beat and mix with a wooden spoon until very smooth.

Add your icing sugar, with small amounts first and keep adding more, until the mixture is thick and doughy enough to handle.

As you start to mix the mixture will become liquefied, keep adding more icing sugar to form a thick fondant like substance.

Spread fondant out on to a tray and out in the freezer for around an hour.

Remove from freezer and cut it into the size of bars, put it back in the freezer for a good 2 - 3 hours.

After 3 hours, gently melt your chocolate.

Toast around half of your desiccated coconut *for around 20 - 30 seconds*, then mix it with the rest of the un-toasted coconut.

Once your chocolate is melted and the coconut is toasted, you can either mix the coconut with the chocolate or leave coconut in a bowl and put the chocolate covered fondant in to give a really good coating of coconut.

Once coated with chocolate and coconut, place the macaroons in the fridge for an hour before eating.

Potato Muffins by Martin (Can be gluten-free)

Ingredients

75g gluten-free flour or ordinary plain flour

175g floury potatoes, peeled

2tsp baking powder

½ teaspoon ground cinnamon

2 tablespoon brown sugar

100g sultanas/raisins/blueberries

4 eggs, separated

Directions

Grease and flour a 12 cup muffin tin. Chop the potatoes and boil until tender. Drain well and mash. Mix potato with flour, baking powder, cinnamon, sugar, fruit and egg yolks. In a clean bowl, whisk the egg whites until stiff, then fold into potato mixture using a metal spoon. Divide the mixture between the muffin cups. Bake in pre-heated oven at 200°C/gas mark 6 for 10 mins, then at 160°C/gas 3 for another 10 minutes. Serve warm.

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