

easy



potato recipes

for Family & Friends

by Linda Gray

RECIPES WITH POTATOES

The common or garden boiled potato has slid out of fashion in recent years for various reasons. One contributing factor is the ever increasing number of tasty potato-style snacks available, making boiled spuds seem flavor-less and boring.

Of course another problem has been all the diets, fad and otherwise, over the last generation or two, often convincing us that potatoes are full of calories, or belong to the dreaded ‘carb’ family and should be avoided at all costs.

Potatoes are in fact nutritious, delicious and worth their weight in gold, especially if you have a growing family to feed. Re-introduce this underrated vegetable into your diet by adding a little pizzazz!

Healthy Reasons

Potatoes are nutritious and form a big part of the western diet. They are a valuable source of vitamin C, B vitamins, ‘healthy’ carbohydrates and minerals.

Over the past couple of hundred years, potatoes have been used as a medicinal food for various ailments including digestive problems.

Potatoes are also said to be a good cure for dry skin and sores – mix grated raw potatoes with a little olive oil and apply to affected area.

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****Please note all weights, measures and cooking times are approximate. Go with your instincts!**

BOILED/STEAMED POTATOES

New potatoes, organic potatoes and ones you've picked fresh from the garden don't often need peeling. If the peel is quite thick, scrub instead of peeling if you can as most of the vitamins and minerals lie just under the skin. If you have to peel them, because of their condition or family preference, use a peeler or a sharp knife and peel as thinly as you can.

Cut into smaller pieces if potatoes are large and steam or cover with water, bring to the boil, then reduce heat and simmer until just cooked. Cooking time varies greatly from potato to potato and from hob to hob!

Minty Spuds:

Gently scrub new potatoes. Cut into regular pieces, or leave whole if the potatoes are small enough.

Steam or boil until just cooked. Add a leaf or two of fresh mint just before the end of cooking time. Drain well, put drained potatoes back in the pan and stir in a little butter (or low-fat equivalent) and serve hot. Garnish with a sprig of mint.

Spicy Spuds:

Gently scrub new potatoes. Cut into regular pieces, or leave whole if the potatoes are small enough.

Steam or boil until tender. Drain well, put drained potatoes back in the pan and stir in a little butter (or low-fat equivalent) and a teaspoon of cumin and/or a handful of finely chopped coriander.

Stir gently, thoroughly coating potatoes with butter and spices.

There are lots of dishes that you could create using a boiled or steamed potato base.

Potato Salad

Ingredients

2lbs (1kg) new potatoes
4-6 spring onions, chopped finely
Handful of chopped walnuts – if available
Salt and black pepper
3fl.oz (75ml) natural yoghurt
3fl.oz (75ml) mayonnaise

Method

1. Prepare potatoes: wash, scrub or peel if necessary and cut into small cubes.
2. Boil or steam until just cooked, but not mushy. Drain and leave to cool completely.
3. Make a sauce by blending natural yoghurt and mayonnaise together.
4. When potatoes are quite cold, put into a large bowl and mix spring onions and walnuts (if using) with the potatoes.
5. Gently stir in the sauce until potatoes are coated.

NB: Use whatever dressing you prefer. Half mayo and half natural yoghurt works well or use a low fat soft cheese, crème fraiche, or other combination. Taste the dressing until it's just right, adding a little of this and that as you go.

Mediterranean Potatoes

Ingredients

3 or 4 medium potatoes, scrubbed or peeled and diced
1 courgette (zucchini)
1 green pepper
1 medium onion
A handful of fresh chopped herbs
The juice of 1 lemon
A little olive or nut oil

Method

1. Boil or steam potatoes until just cooked. Drain well and set aside.
2. While potatoes are cooking, slice the pepper into strips or cut into chunks, chop the onion and slice the courgette.
3. Gently sauté the pepper, onion and courgette in the oil in a large pan until vegetables are soft.
4. Stir in the cooked drained potatoes carefully, add the lemon juice and herbs.
5. Stir gently over a low heat for a minute or two and serve immediately.

NB: Use up any odd bits of vegetables you have lurking in the fridge; e.g. a tomato or a few small broccoli or cauliflower florets.

Garlic Potatoes

Ingredients

3 or 4 large potatoes, scrubbed or peeled.
2 or 3 cloves of garlic (or more if preferred), crushed
½ - 1pint (300-600ml) of milk
Butter to grease dish
2oz (50g.) grated cheese
A little chopped parsley (optional, but helps sweeten the breath after eating garlic!)

Method

1. Pre-heat oven to Gas mark 5 (375F, 190C)
2. Slice prepared potatoes fairly thinly. Boil or steam potatoes until just cooked. Don't let them get too soft. Drain well and leave to cool slightly.
3. Grease a deep oven-proof dish with the butter
4. Crush or finely chop cloves of garlic to taste.
5. Place layers of potatoes in dish. Sprinkle garlic and chopped parsley if using, over each layer
6. Pour milk over the whole dish to about half way up. Milk could be mixed with a little single cream if preferred. Sprinkle with grated cheese.
7. Bake in the centre of pre-heated oven for 15-20 minutes or until hot right through. Serve hot.

NB: Cheese can be added after cooking and browned off quickly under the grill if preferred.

Hot Potato Loaf

(You'll need a loaf tin for this recipe)

Ingredients

2lbs (900g.) potatoes, scrubbed or peeled.

4oz (100g.) cream cheese

3 large eggs

¼ pint (4fl.ozs) of milk

1 teaspoon of salt

Pepper

1 teaspoon mixed herbs

1 tablespoon of grated parmesan

Method

1. Pre-heat oven to Gas mark 5 (375F, 190C)
2. Cut prepared potatoes into half-inch cubes, or thereabouts.
3. Par-boil in boiling salted water for 3 minutes. Drain well.
4. Beat cream cheese until very soft then beat in the eggs.
5. Stir in the milk, salt, pepper, herbs and parmesan..
6. Spoon potato cubes into the loaf tin and add the cheese and egg mixture.
7. Cover with foil then bake in the centre of pre-heated oven for about an hour. Serve hot or cold.

Potato Goulash

This recipe was found in a recipe book from the 80's and includes 'boiling sausage' which could be replaced perhaps with a good quality smoked sausage or vegetarian equivalent.

Ingredients

2¼lbs (1kg.) potatoes, scrubbed or peeled.
3 onions
2oz (50g) butter
1½ oz. (40g) flour
1 pint (600mls) milk
1lb (450g) boiling sausage.
4 tablespoons chopped parsley
3 tablespoons apple juice
Salt and Pepper
½ teaspoon of ground mace.

Method

1. Cut prepared potatoes into thick slices and put into a pan and cover with cold water.
2. Bring to the boil and simmer for 10-15 minutes until tender.
3. Peel and finely chop onions and cook in a large pan in a little hot oil until transparent. Keep stirring over a low heat to avoid burning.
4. Sprinkle on the flour and stir well. Blend in the milk slowly and stir until boiling. Cook for 3 minutes.
5. Fold in sliced sausage, potatoes, parsley and apple juice. Season to taste with salt, pepper and mace. Serve hot.

Bacon-wrapped Potato and Tomato Platter

Ingredients (serves 4)

1½lbs (675g.) new potatoes, scrubbed or just washed.
12 tomatoes
8 rashers of streaky bacon
3 tablespoons of butter
1 teaspoon chopped sage
Salt and freshly ground black pepper
Sage leaves to garnish (optional).

Method

1. Boil or steam prepared potatoes in lightly salted boiling water for about 20 minutes until tender.
2. Pre-heat oven to Gas mark 6 (400F, 200C).
3. While potatoes are cooking, cut a cross in each tomato and place in a lightly greased shallow ovenproof dish,
4. Dot tomatoes with butter, sprinkle with sage and season with salt and pepper to taste.
5. Place dish of tomatoes in the pre-heated oven for 15-20 minutes.
6. Cut bacon strips in half-way crossways and grill until crisp.
7. Drain potatoes, toss in remaining butter and divide equally between 4 individual warmed serving dishes/plates.
8. Add 3 tomatoes to each dish and top with bacon. Garnish with sage leaves if using and serve hot.

MASHED POTATOES

On their own, mashed potatoes are a delicious comfort food, especially for children.

To make an everyday delicious mashed potato, choose your potatoes well. Harder flesh varieties, such as red potatoes don't tend to mash as well as 'whites' or 'king edwards' for example. Use the harder varieties for potato salads etc; and softer flesh varieties for the perfect mash!

Peel and cut potatoes into fairly small pieces. Not too small or they can turn to mush in record time! Cover with water, bring to the boil, then reduce heat and simmer until potatoes are soft. Drain well and return to the hot pan. This is to help keep potatoes hot, you don't need to cook them again.

Mash well with a masher or a fork. Add a lump of butter (or equivalent) and a little milk or cream. Don't add too much. You can always add a little more but you can't take it out again 😊

Mash well again, mixing milk and butter in well. You could also mash in some chopped mixed herbs, black pepper, crushed garlic, or any other flavor you like. Serve hot.

Mashed potatoes can be served in lots of ways.

TIP: Make twice as much as you need one night, keep the leftovers covered in the fridge then use in a delicious recipe the next day.

Quick Fish Pie

Mix prepared mashed potato with cooked white fish and heat through in a pre-heated moderate oven until hot right through. Add finely chopped herbs or garlic and seasoning to taste.

Cooked chopped bacon pieces or vegetarian equivalent could be mixed with mash in the same way and cooked right through.

NB: Always make sure meat or fish is heated thoroughly right through until piping hot before serving.

And you could top the cooked dish with grated cheese and brown off under the grill for a few minutes.

Bubble and Squeak

Bubble and squeak is an old English recipe traditionally using leftover veggies.

Ingredients:

Prepared mashed potato

Finely chopped cooked greens (cabbage, spring greens or other green leafy vegetable)

Little milk or beaten egg, if needed

Oil for frying, if needed

Seasoning as liked.

Method:

1. In a fairly large bowl, mix together the mashed potato, finely chopped greens and seasoning if using. Mix thoroughly.
2. If the mixture is a little dry, stir in some milk or beaten egg to bind together.
3. Form into burger shapes.
4. Heat oil, if using, in a frying pan and fry the 'burgers' on each side for a few minutes until golden brown and hot right through.

Serve hot.

If you don't have any leftover greens available, make potato burgers in exactly the same way, but without the greens!

Mish-Mash Pie

Use mash potato to cover all sorts of mixtures; shepherd's pies, cottage pies or any general mix of vegetables and meat (or vegetarian equivalent)

1. Mix together all the cooked meat and/or vegetables.
2. Mix in a sauce of your choice. This could simply be a tin of chopped tomatoes and a little tomato puree, or a gravy stock cube and some herbs.
3. Put mixture in oven-proof dish and cover with prepared mashed potato. Use a fork to make a few lines in the top to help crisp the top.
4. Grated cheese could be sprinkled over the top before baking.
5. Bake in a moderate oven until meat and veg are cooked and piping hot right through, probably about half an hour.

Potato Croquettes

This recipe is taken from an older cookery book and the method of cooking is deep frying. However, you may be able to bake them or shallow fry very carefully.

Ingredients:

Prepared mashed potato

2 egg yolks (enough for about 1.75lbs (750g) of potato)

1 egg, beaten

2 teaspoons of fine flour

2oz (50g.) fresh breadcrumbs

A little salt and ground cinnamon (optional)

Oil for deep frying

Method:

1. In a fairly large bowl, stir egg yolks, flour and seasoning into the cooled mashed potato. Mix thoroughly.
2. Prepare two shallow dishes: Put breadcrumbs in one and pour already beaten egg into the other.
3. Form potato mixture into small rolls about $\frac{3}{4}$ in. (2cm) in diameter and 2ins (5cm) long.
4. Dip each roll into beaten egg then coat in breadcrumbs.
5. Heat oil, if using, in a deep fryer and fry the croquettes for 2-3 minutes until golden brown all over. Drain well and serve hot.

Duchesse Potatoes

I found this recipe in a Mrs. Beeton's cook book! You need a piping bag with a large rose nozzle fitted.

Ingredients:

About 1lb (450g) prepared mashed potato
2 egg yolks or 1 egg
1oz (25g.) butter or margarine
A little salt, pepper and grated nutmeg (optional)
Oil or butter to grease dish (or use greaseproof paper)
Beaten egg to glaze

Method:

1. Pre-heat oven to Gas mark 6 (400F, 200C)
2. In a fairly large bowl, beat butter or margarine and egg or egg yolks into the cooled mashed potato. Mix thoroughly.
3. Add seasoning and mix well.
4. Spoon potato mixture into a piping bag fitted with a large rose nozzle. Pipe rounds of potato directly onto the prepared baking sheet.
5. Brush with a little beaten egg and bake for about 15 minutes until golden brown. Serve hot.

Potato pizza Bread

Ingredients:

About 10oz (275g) prepared mashed potato
2oz (50g.) freshly grated parmesan cheese
1 teaspoon freshly grated nutmeg
1oz (25g) of fresh yeast or 1 tablespoon of dried yeast and 1
teaspoon of sugar
2lbs (900g) flour
Salt
1 tablespoon olive oil.

Method:

1. Pre-heat oven to Gas mark 6 (400F, 200C)
2. Mix cheese and nutmeg into prepared mashed potato.
3. Blend yeast with 4 tablespoons of hand-hot water. If using dried yeast, sprinkle it into the water with the sugar and leave in a warm place for 15minutes or until frothy.
4. Spread potato on to a work surface. Add flour, salt, yeast mixture and slowly add about 8fl.oz (250mls) of hand-hot water to give a smooth dough.
5. Knead for 5-10 minutes then put onto an oiled baking tray. Flatten into a 10in (25cm) round. Leave in a warm place to rise for an hour or until doubled in size.
6. Sprinkle the pizza with the olive oil and bake in the pre-heated oven for about 40 minutes until golden brown. Serve warm.

Chestnut and Potato Puree

Ingredients:

12oz. (350g.) prepared mashed potato
2oz (50g.) butter
1 pint (570mls) stock
12oz. (350g.) of fresh chestnuts or 8oz (225g) tin of chestnut puree.
A little salt
Ground nutmeg or black pepper to taste
4 rounded tablespoons of chopped celery heart.
4-5 tablespoons of single cream.

Method:

1. If using fresh chestnuts, pre-heat oven to Gas mark 6 (400F, 200C)
2. Make a small cut on the flat side of each chestnut and bake on a roasting tray at the top of pre-heated oven for 5-10 minutes until skins begin to crack.
3. Peel layers of skin from the flesh while still warm.
4. Put the stock in a saucepan with the chestnuts and cover pan with a lid. Bring to the boil, then reduce heat and simmer for about 20 minutes or until chestnuts are tender. Drain chestnuts and rub them through a coarse sieve.
5. Blend the chestnut puree with mashed potato, stir in the butter and heat the mixture through over a low heat.
6. Blend in enough cream to give the puree a fluffy texture and season with salt and ground nutmeg or black pepper. Stir in the chopped celery just before serving.

Celeriac and Potato Puree

Another recipe from The Reader's Digest.

Ingredients:

1lb (450g) celeriac
12oz (350g) cooked mashed potato
1½ oz (40g) butter
3 tablespoons double cream
Salt and black pepper

Method:

1. Scrub celeriac thoroughly in cold water and put into a pan of boiling salted water.
2. Cook, unpeeled, in boiling water for about 35-40 minutes until tender.
3. Leave to cool slightly, peel and then chop flesh finely. Put through a sieve or blender.
4. Blend the celeriac puree with the mashed potato. Stir in butter and cream. Season to taste with salt and black pepper.
5. Heat through over a low heat before serving.

OVEN-BAKED POTATOES

The variations of oven-baked potatoes is almost limitless!

Roast Potatoes

Strictly speaking, a roast potato can be created simply by peeling and cutting potatoes into roast-potato-sized chunks and roasting them in a baking tray in the oven until cooked.

However, to add that extra touch of 'je ne sais quoi', try this:

1. Prepare potatoes: scrub or peel and cut into fairly equal sized pieces. NB: Smaller roasties will cook much quicker than larger ones.
2. Steam or boil for about 10 minutes – until the outside of the potatoes are starting to go soft. Don't cook for too long or they'll go mushy. Drain well.
3. Heat oil or goose fat in a baking tin, or if you are cooking a joint of meat or veggie equivalent, potatoes can be arranged around the roast.
4. Cook potatoes in a fairly hot pre-heated oven (Gas mark 5 or 6, around 200C, 400F or a little less) until crisp and tender. Turn potatoes over half-way through cooking time.

Larger potatoes could take an hour and smaller ones can take as little as half an hour.

Tip: After draining potatoes, toss in a little spice, herbs or other seasoning before roasting.

Jacket Potatoes

Traditionally we tend to use medium to large potatoes with as few blemishes as possible for jacket potatoes, but smaller potatoes work just as well. Just remember to reduce cooking time.

1. Pre-heat oven to Gas mark 6 (200C, 400F)
2. Scrub and dry potatoes.
3. Wrap individually in foil if you have some, or lay on a baking sheet with a little oil sprinkled over and turn halfway through cooking.
4. Place potatoes on a baking sheet and place in pre-heated oven for about an hour or until tender.
5. Open foil parcels, cut a cross in the top of each, then gently squeeze so that the top opens – be careful they will be very hot.
6. Top with a knob of butter and serve.

There are endless fillings you could top your potatoes with:

- Grated cheese
- Chopped herbs
- Mixed roast vegetables
- Bacon and mushrooms
- Any number of sauces!

Souffle Potatoes

A little extra trouble but this recipe transforms regular baked potatoes into fluffy souffles. (Serves 6)

Ingredients:

6 large potatoes
2oz (50g.) unsalted melted butter
4fl.oz (100mls) double cream
3 eggs
A little salt and black pepper to taste

Method:

1. Pre-heat oven to Gas mark 6 (400F, 200C)
2. Wash and dry potatoes and prick with a fork. Bake in the centre of a pre-heated oven or about 1hr. 30mins or until tender.
3. Cut a lid lengthwise off the top of each potato.
4. Scoop the flesh out of each potato and mix in a large bowl with the melted butter and cream.
5. Separate the eggs and stir the yolks into the potato mixture.
6. Beat the egg whites with a little salt until stiff. Then fold into the potato mix/ Season with freshly ground pepper/
7. Spoon back into the hollow potato skins and put back into the oven for a further 15 mins or until well risen. Serve immediately.

Scalloped Potatoes

A warm and filling dish found in a Reader's Digest cookbook.
(Serves 6)

Ingredients:

1½lbs (700g.) fairly firm potatoes
1 onion, peeled and finely chopped
4oz (100g.) grated cheddar or gruyere cheese
2oz. (50g.) butter
Salt and black pepper
1 egg
½ pint (300mls) milk

Method:

1. Pre-heat oven to Gas mark 4 (350F, 180C)
2. Peel and wash potatoes and cut into thin slices.
3. Use a little of the butter to grease a shallow oven-proof dish.
4. Arrange potato slices in layers, sprinkling each layer with finely chopped onion, cheese, salt and black pepper. Finish with a thick layer of cheese and dot with remaining butter.
5. Beat the egg and milk together and pour carefully over potatoes. Cover with buttered greaseproof paper or foil and bake in the centre of pre-heated oven for 1½ hours or until potatoes are tender and topping is golden.

Limoges Potato Pie

Another warm and filling dish found in a Reader's Digest cookbook. (Serves 6)

Ingredients:

1lb (450g.) prepared puff pastry
1½lbs (700g.) new potatoes
3oz (75g.) finely chopped onion
3-4 cloves of garlic, finely chopped
A little salt and black pepper to taste
Nutmeg
2oz. (50g.) butter
3fl.oz (75mls) single cream
3fl.oz (75mls) double cream
1 egg
Bunch of fresh parsley, chives and chervil

Method:

1. Pre-heat oven to Gas mark 8 (450F, 230C)
2. Wash and scrape potatoes and slice thinly using a mandolin slicer or the cucumber blade on a grater. Slice directly into a bowl of water to prevent them going brown.
3. Bring a pan of lightly salted water to the boil and carefully pour in the potato slices. Bring back to the boil and cook for 2 minutes only. Drain well.
4. Roll out half the puff pastry on a floured board and use it to line a 10in (25cm) flan ring or shallow cake tin.
5. Put a layer of potato slices on base of pastry lining, sprinkle

with onion, garlic and seasoning. Repeat layering until all used up.

6. Dot butter over top layer of potatoes. Mix creams together and pour about half over potatoes.

7. Roll out remaining pastry and cover pie, sealing edges firmly. Make a small hole in the centre of pie for steam to escape.

8. Beat the egg into the remaining cream and brush a little of this mixture over the pastry to glaze.

9. Score the pastry lightly into sections with a sharp knife – this makes it easier to cut after cooking.

10. Bake pie near the top of pre-heated oven for 30 minutes. Protect the pastry with a piece of greaseproof paper if it starts to brown too quickly.

11. Chop the herbs finely and blend into the remaining egg and cream mixture.

12. When the pie is cooked, pour the cream mixture into the centre hole, carefully using a small kitchen funnel. Do it slowly in case there's not enough room for all the cream

13. Return the pie to the oven for a further 5 minutes then serve immediately.

Potato Dauphinoise

A delicious accompaniment to a variety of dishes

Ingredients:

2lb 3oz (1kg.) potatoes, sliced as thinly as you can,

1 finely sliced onion

2½ fl.oz (75mls) milk

10 fl.oz (285mls) double cream

A little butter

Seasoning to taste

Method:

1. Pre-heat oven to Gas mark 5 (375F, 190C)
2. Grease a large shallow baking dish with butter.
3. Layer sliced potatoes and onions in the dish, seasoning as you go.
4. Pour over milk and cream.
5. Dot with a little butter and cover dish with silver foil.
6. Bake in pre-heated oven for about an hour. Remove foil and bake for a further 15-20 minutes, or until the potatoes are cooked through and golden brown.

Serve immediately.

MORE POTATO IDEAS

-Grate raw potato and bind together with a little beaten egg and some finely chopped herbs. Form into 'burger' shapes and fry gently or bake in the oven until cooked right through.

Potato Soup

Ingredients:

2 leeks, washed and finely chopped
1lb (450g) potatoes, peeled and roughly chopped
1½ oz (40g) butter
2 pints (1 litre) of white stock
Salt and black pepper or preferred seasoning.

Method:

1. Cook the leeks in 1oz (25g) butter in a large pan until soft but not coloured.
2. Add the potatoes and pour over the stock. Season and stir well.
3. Bring to the boil, then reduce heat and simmer until potatoes are cooked.
4. Remove pan from heat and allow to cool for a few minutes.
5. Push through a sieve or liquidize in a blender or food processor.
6. Reheat over a low heat, stir in the rest of the butter and keep stirring until hot right through. Serve immediately.

Potato and Spinach Grill

Ingredients:

1¾ lbs (750g) spinach
1¾ lbs (750g) potatoes, peeled and sliced
½ pint (300mls) milk
5oz (150g) streaky bacon
5oz (150g) grated cheddar cheese
1 onion
1 clove of garlic
½ oz. (15g) butter
Salt and black pepper or preferred seasoning.

Method:

1. Pour milk into a pan and bring to the boil
2. Add the sliced potatoes and bring back to the boil. Cover and simmer for about 10 minutes, or until potatoes are tender.
3. Chop bacon and stir into the potato mixture with a third of the cheese. Season, then place in the centre of a heatproof dish.
4. Wash the spinach. Drain and put into a saucepan with just the water left clinging to the leaves. Cover and cook for 5 minutes, shaking the pan from time to time, or until spinach is limp.
5. Peel and chop onion and garlic 6. Melt butter in a pan and cook onion and garlic gently until soft. Stir in the spinach and mix together well, over a low heat for 2 minutes.
6. Spoon spinach mixture around the potato mixture in the dish and sprinkle with remaining cheese.

Galette Lyonnaise

Thanks to Reader's Digest for this one!

Ingredients:

1lb (450g) potatoes

8oz (225g) onions, peeled and finely chopped

2½ oz. (65g) butter

1 egg, beaten

Salt and black pepper

Pinch of nutmeg

2 tablespoons of grated cheese (Cheddar, Gruyere or Parmesan)

Fresh parsley to garnish if required.

Method:

1. Pre-heat oven to Gas mark 6 (400F, 200C)
2. Peel potatoes, cut them into even pieces and boil them in lightly salted water. Drain and rub through a coarse sieve.
3. Heat 2oz (50g) of butter in a frying pan and cook chopped onions over a low heat until they are soft and golden.
4. Stir contents of pan into the potatoes. Add the beaten egg and season to taste with salt, freshly ground pepper and nutmeg.
5. Spoon potato mixture into a shallow, greased ovenproof dish. Smooth top and sprinkle with the grated cheese. Dot the rest of the butter over the top.
6. Bake in the centre of pre-heated oven for about 20 minutes or until golden brown. Serve immediately.

Potato and Mushroom Layer Cake

Another recipe from 'The 90s Vegetarian'. I haven't tried it yet but it looks delicious! (Serves 6)

Ingredients:

1 onion, finely chopped
2 garlic cloves, crushed
8oz (225g) flat mushrooms, sliced
2 tablespoons olive oil
2 tablespoons finely chopped fresh parsley
Handful of chopped fresh basil
1 red pepper
1 yellow pepper
2lbs (900g) new potatoes
6oz (175g) mozzarella cheese
1oz (25g) fresh breadcrumbs
2oz. (50g) freshly grated parmesan cheese
Salt and pepper

Method:

1. Pre-heat oven to Gas mark 6 (400F, 200C) and grease a 6in (15cm) round loose-bottomed or spring release tin.
2. In a large frying pan, heat 1 tbsp. olive oil and cook onion. Remove from heat and add garlic, mushrooms, parsley, basil and salt and pepper.
3. Put the whole red and yellow peppers on a baking tray and bake in oven for about 20 minutes, turning once half-way. Leave to cool. Reduce oven heat to Gas Mark 5, 375F, 190C.
4. Scrub potatoes and cook in boiling water until tender. Drain and leave to cool.

5. Peel skin off cooled peppers. Slice flesh. Slice cooled potatoes and cheese.

6. Cover base of prepared tin with half the breadcrumbs. Then layer half the potato slices, the onion mixture, half the peppers and half the mozzarella cheese. Repeat. Keep pressing down layers to keep all ingredients tightly in tin.

7. Finally, sprinkle over the remaining breadcrumbs and oil and parmesan cheese. Press down again then bake in the pre-heated oven (Gas Mark 5, 375F, 190C) for 20-25 minutes until golden. Serve hot.

Potato and Chickpea Curry

Potatoes work well in curries and this protein-packed dish will take less than half an hour to rustle up. If you prefer a less spicy curry, simply add less curry paste and go easy on the coriander.

Ingredients:

2 medium sized potatoes
1 onion, peeled and finely sliced
10 oz. (300g) can of chick peas, drained
1-2 tablespoons of curry paste
A little salt
A little olive oil
A small bunch of fresh coriander, finely chopped.

Method:

1. Prepare and roughly chop potatoes and cook in lightly salted boiling water for 10-15 minutes, or until tender. Drain well.
2. Heat a little olive oil in a frying pan and cook sliced onion for five minutes until soft.
3. Stir in curry paste, drained chick peas and 8 fl.oz (250mls) of cold water. Simmer for about five minutes, stirring to prevent burning.
4. Add drained potatoes and coriander to the pan and stir over a low heat for a few minutes. Serve immediately.

Potato Pancakes with Cream cheese filling

This recipe was found in a book published in 1987. The cooked ham could be replaced with a vegetarian substitute or omitted.

Ingredients:

2¼ lbs (1kg) potatoes
2 small onions
2 tablespoons of flour
A little salt and freshly ground black pepper
3 eggs, beaten
2oz. (50g) chopped chives
¼ teaspoon sugar
1lb (450g) cream cheese
4fl.oz (125mls) milk
1 tablespoon lemon juice
1 clove of garlic
4oz. (100g.) cooked ham
1 tablespoon of chopped parsley
Olive or other oil for frying

Method:

1. Peel and finely grate the potatoes and onions.
2. Stir in the flour, eggs, a little salt and half the chives.
3. Mix remaining chives with the sugar, cream cheese, milk and lemon juice. Season to taste with salt and pepper.
4. Peel and finely chop the garlic and finely dice the ham.

5. Stir the garlic, ham and parsley into the cream cheese mixture.
6. Heat a little oil in a frying pan. Put in 2 tablespoons of potato mixture. Press flat and fry until golden brown on both sides.
7. Remove from pan and keep warm while frying more.
8. To serve: Place one pancake on a warm plate, spread with cheese filling, top with another pancake and sprinkle with chives.

Classic Hash Browns

Great with bacon and eggs!

Ingredients:

4 medium Potatoes, peeled

1 medium onion

1 egg, beaten

Salt and Pepper to taste

Oil for frying

Method:

1. Roughly grate potatoes and onion into a clean tea towel and squeeze out excess liquid.
2. Mix potato, onion, beaten egg and seasoning together in a large bowl.
3. Heat oil in a heavy based frying pan, then add spoonfuls of potato mixture to the pan. Flatten slightly and cook on each side for 2-3 minutes until brown and crisp.

NB: Hash browns can be bland without plenty of seasoning. Maybe a little coriander or cumin would spice them up a bit!

Hand-made Baked Potato Crisps

Ingredients:

Potatoes

A little olive (or nut) oil

A little salt

Seasoning to taste e.g. finely chopped garlic, basil or coriander, or you could try a mild curry powder.

Method:

1. Pre-heat oven to Gas Mark 6 (200C)
2. Prepare and slice potatoes very thinly.
3. Cook in lightly salted boiling water for 3-5 minutes.
4. Drain well and tip into a large bowl with preferred seasoning. Combine well.
5. Put crisps onto a prepared baking sheet in a single layer and bake in the oven for about 15 minutes until golden brown.

NB: Check every few minutes because this cooking time will depend on the type and thickness of your potato slices.

Hand-made Baked Potato Chips

Ingredients:

Potatoes

A little olive (or nut) oil

Method:

1. Pre-heat oven to Gas Mark 6 (200C)
2. Prepare potatoes and cut into chip shapes – about 1cm thick.
3. Wash and dry well on kitchen paper.
4. Put chips onto a non-stick baking sheet in a single layer and drizzle with a little olive oil.
5. Bake in the pre-heated oven for about 35 minutes turning over half-way through cooking time.

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