



Sally Wise's Guide to Potato

The table below is just a guide but hopefully somewhat helpful. Apparently one way to test if a potato is floury or waxy is to immerse it in a jug of cold water. If it floats it's likely to be waxy; if it sinks, it's probably a floury variety. It's a bit hard to do this is at a retail outlet though, so best to ask the head of department or resident expert of the establishment. Another indicator is that waxy potatoes generally have a red or yellow skin.

WAXY

- ❖ Nicola
- ❖ Pink Eyes
- ❖ Kipfler
- ❖ Red Rascal
- ❖ Bintje
- ❖ Bismark
- ❖ Nadine
- ❖ Pink Fir

ALLROUNDER

- ❖ Dutch Creams
- ❖ Coliban
- ❖ Desiree
- ❖ Pontiac
- ❖ Kennebec
- ❖ Nicola
- ❖ Otway Red
- ❖ Russett Burbank

FLOURY

- ❖ Sebago
- ❖ Kennebec
- ❖ King Edward
- ❖ Golden delight
- ❖ Brownell
- ❖ Up-to-dates (must be steamed, not boiled)



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COTTAGE PIE

Recipe by Sally Wise

INGREDIENTS

- ❖ 600g floury potatoes
- ❖ 1 tablespoon butter
- ❖ ½ teaspoon salt,
- ❖ 125ml milk,
- ❖ 1 tablespoon oil
- ❖ 500g beef mince
- ❖ 1 onion, diced
- ❖ 1 medium carrot, diced
- ❖ 2 sticks celery, diced (optional)
- ❖ 3 teaspoons soy sauce
- ❖ 2 teaspoons Worcestershire sauce
- ❖ 3 teaspoon tomato sauce
- ❖ 1 cup stock
- ❖ ½ teaspoon salt
- ❖ 3 teaspoons cornflour mixed to a paste with 3 to 4 teaspoons cold water
- ❖ ½ cup grated tasty cheese

METHOD

Peel the potatoes and cut into 2cm cubes. Place in a saucepan and barely cover with cold water, then bring to boil, then reduce heat and simmer until tender. Drain well. Mash with the salt and butter, then whisk in the milk, adding only as much as needed or more, if necessary, until potato is smooth and fluffy.

Grease a 20cm casserole dish. Heat the oil in a small saucepan over medium-high heat and sauté the meat, stirring until well broken up and coloured.

Add the onion, carrot and celery (if using) and cook 3 minutes more. Stir in the sauces and stock, bring to the boil, then simmer for 5 minutes until the vegetables are just tender.

Add salt to taste and thicken with some or all of the cornflour paste. Pour into the prepared dish. Cool a little if timer allows. Top evenly with the mashed potato and sprinkle with the cheese.

Bake in a moderate oven for 30 minutes or until the cheese is browned.

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BOMBAY POTATOES

Recipe by Sally Wise Serves 4

INGREDIENTS

- ❖ 1kg waxy potatoes
- ❖ 1 large onion, diced
- ❖ 2 teaspoons garam masala
- ❖ 2 teaspoons ground cumin
- ❖ 2 teaspoons ground coriander
- ❖ 1 teaspoon sweet paprika
- ❖ 1½ teaspoons salt
- ❖ 3 teaspoons tomato chutney
- ❖ 3 teaspoons Worcestershire sauce
- ❖ 1 tablespoon sweet chilli sauce
- ❖ 1 tablespoon tomato sauce
- ❖ 400g tin diced tomatoes or passata

METHOD

Although the recipe specifies peeling the potatoes, you can buy clean washed potatoes, in which case they need not be peeled.

Using a 3.2 to 3.5 litre slow cooker

Peel the potatoes and cut into 2cm dice.

Place in slow cooker with the rest of the ingredients and stir to combine, making sure that the potatoes are coated with the sauce.

Cook on High for 3½ to 4 hours or 7 to 8 hours on Low.

Add salt and pepper to taste



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SMOKED SALMON & POTATO SLICE

Recipe by Sally Wise

INGREDIENTS

- ❖ 620g pink eye potatoes (or similar), scrubbed
- ❖ 220g smoked salmon, diced
- ❖ 6 eggs
- ❖ 250ml cream
- ❖ 100ml sour cream
- ❖ 2 teaspoons mayonnaise
- ❖ 1 teaspoon Dijon mustard
- ❖ 2 teaspoons lemon or lime juice
- ❖ $\frac{3}{4}$ teaspoon salt
- ❖ $\frac{1}{4}$ cup snipped chives
- ❖ $\frac{1}{4}$ cup chopped parsley
- ❖ 1 $\frac{1}{4}$ cups grated tasty cheese

Note: Smoked trout can be used instead of salmon.

METHOD

Boil potatoes until just tender, then cool. Peel off the skins, removing as little of the underlying flesh as possible, then slice thinly.

Whisk the eggs with the cream, mayonnaise, mustard, lemon juice and salt until well combined.

Mix the herbs together.

Grease a baking dish 18cm x 28cm.

Heat oven to 140 degrees C

Layer ingredients as follows:

- Potato slices
- Salmon
- Herbs
- Cheese – $\frac{1}{2}$ cup
- One third of the liquid

Repeat the layers, then sprinkle the top with the remaining cheese.

Bake for 45 minutes till set. Leave to stand at least 20 minutes before cutting into slices to serve warm, or chill overnight.



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POTATO IN TOMATO OLIVE SAUCE

Recipe by Sally Wise

INGREDIENTS

- ❖ 4 tablespoons olive oil
- ❖ 1 onion, finely diced
- ❖ 10 cloves garlic, peeled and crushed
- ❖ 1½ cups pitted Kalamata olives
- ❖ 2 tablespoons tomato paste
- ❖ ¾ cup semi dried tomatoes, chopped
- ❖ 400ml passata, tomato puree or diced tomatoes
- ❖ 750g potatoes, cut into 3cm chunks
- ❖ Salt and pepper to taste
- ❖ 2 teaspoons fresh rosemary or basil leaves
- ❖ ½ cup grated tasty cheese
- ❖ ¼ cup grated Parmesan

METHOD

Heat oven to 160 degrees C. Heat the oil over medium heat, add the onion and sauté gently until translucent, then add garlic and sauté for 1 minute more.

Add the olives, tomato paste, semi-dried tomatoes, passata (pureed or diced tomatoes) and potatoes.

Mix well, bring to the boil, reduce heat, add rosemary or basil.

Simmer gently until the potatoes are cooked through and have absorbed almost all the sauce.

Transfer mixture to a greased 20cm casserole dish and sprinkle with the combined cheese and Parmesan. Bake for 15 minutes until the cheese is bubbly and golden.



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HOT POTATO SALAD

Recipe by Sally Wise

INGREDIENTS

- ❖ 1 kg waxy potatoes
- ❖ 1 onion, finely chopped
- ❖ 125g bacon, diced
- ❖ $\frac{3}{4}$ cup mayonnaise
- ❖ $\frac{1}{2}$ cup cream
- ❖ $\frac{1}{2}$ cup grated cheese
- ❖ 1 tablespoon chopped parsley

METHOD

Grease a 20cm casserole dish.

Peel the potatoes and cut into 2.5cm cubes. Cook (steaming or microwaving for a few minutes in a covered dish is best for this recipe) until just tender.

Turn oven to 180°C. Grease a casserole or lasagna dish.

Place the onion and bacon in a small pot and sauté until the onion is tender.

Mix with the mayonnaise and cream.

Place the cooked potatoes in casserole dish and pour the cream mixture over. Mix carefully until well combined.

Sprinkle grated cheese over the top and bake for 15 minutes or until heated through.

At serving time, sprinkle with chopped parsley.



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POTATO CAKES

Recipe by Sally Wise

INGREDIENTS

- ❖ 550g floury potatoes (peeled weight)
- ❖ 1 egg
- ❖ ½ teaspoon salt
- ❖ 1 large tablespoon self raising flour
- ❖ Oil for shallow frying
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METHOD

Chop the potatoes into 2cm pieces and place in the bowl of a food processor with the egg, salt and flour. Process until the potato is chopped finely.

Meanwhile, pour oil to the depth of 6mm in a frying pan.

Heat over medium high heat.

Fry tablespoons of the mixture until golden on one side, then turn and cook on the other until golden. Drain on paper towel.

Repeat immediately with remaining mixture.



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BOSTON BUN

Recipe by Sally Wise

INGREDIENTS

Serves 6

- ❖ 1 cup smooth mashed potato
- ❖ 1 cup milk
- ❖ 1 cup sugar
- ❖ 1 egg, lightly whisked
- ❖ 1 cup mixed dried fruit
- ❖ 1½ teaspoons mixed spice
- ❖ 1½ teaspoons ground cinnamon
- ❖ 2 cups self-raising flour
- ❖ 2 teaspoons finely grated lemon rind
- ❖ 1 tablespoon lemon juice

Icing:

- ❖ 2 cups icing sugar
- ❖ 30g butter, softened
- ❖ 2 tablespoons boiling water, approximately
- ❖ A few drops cochineal, optional
- ❖ ¼ cup coconut, optional
- ❖ ½ teaspoon ground cinnamon, optional

METHOD

Turn oven to 170°C (fan forced). Grease a deep sided 20cm cake tin and line base with baking paper, grease again.

Whisk the potato, milk, sugar and egg together until smooth. Fold in the rest of the ingredients. Pour into the prepared tin and bake for 45 minutes or until a metal skewer when inserted into the middle comes out clean.

Allow to stand in tin for 5 minutes, then turn out onto a wire rack to cool completely.

Sieve the icing sugar and mix in the butter and enough boiling water to make a smooth spreading consistency. Add cochineal if desired. Spread over bun and sprinkle with coconut or omit cochineal and sprinkle the icing instead with cinnamon.

This loaf keeps well for several days.



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HOPPEL POPPEL

Recipe by Sally Wise

INGREDIENTS

- ❖ 2 teaspoons olive oil
- ❖ 1 large onion, finely diced
- ❖ 200g diced ham or bacon
- ❖ 20g salted butter
- ❖ 600g cooked potatoes cut into 1.5cm cubes
- ❖ 8 eggs
- ❖ 150ml milk
- ❖ ½ teaspoon salt (optional)
- ❖ 1½ tablespoons chopped parsley
- ❖ ¾ cup grated tasty cheese

METHOD

Preheat the oven to 160°C. Grease an 18cm x 28cm lasagna-style dish. Heat the oil in a frying pan over a medium heat and sauté the onion and ham or bacon until the onion is tender. Transfer to the prepared dish. Add the butter to the pan and then sauté the potato cubes until golden brown and crispy. Place in the dish with the onion and ham. Whisk the eggs, milk, salt and parsley together in a bowl and pour over the contents of the dish. Sprinkle the cheese over, then carefully mix together until well combined. Bake for 30–40 minutes, or until set.



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