

Cooking with Potatoes



Deep winter is the ideal time to celebrate the beloved potato, a cold weather staple in many a New England household. In abundance at local farmers' markets throughout the summer, and fall, and right through the coldest months of the year, the nutritious potato is highly valued for its crowd-pleasing flavor, its storability, and its versatility in the kitchen. Baked, boiled, mashed, grated, stuffed, scalloped, added to soups and stews, roasted, braised, or fried — potatoes can be enjoyed with any meal of the day! Explore the Winter Farmers' Market to find potato varieties you haven't yet tried, and have fun with some new recipes this winter.

How to Store: Store potatoes in cool dark place like a basement or root cellar. Keep out all light to prevent potatoes from sprouting. Avoid putting potatoes in the fridge, as this can cause starches to turn to sugars, affecting both flavor and texture.



Baked Oven Fries

Recipe source: adapted from www.annies-eats.com

- 1 1/2 lbs potatoes,
peeled and cut lengthwise into even-sized wedges
- 5 Tbsp canola oil, divided
- 3/4 tsp kosher salt, plus more to taste
- 1/4 tsp freshly ground black pepper, plus more to taste

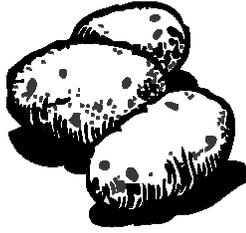
Preheat the oven to 475° F. Place the potato wedges in a large mixing bowl. Cover with hot water; soak for 10-30 minutes. Put 4 tablespoons of the oil onto a heavy, rimmed baking sheet. Tilt the sheet side to side to evenly coat the pan with oil (a pastry brush can also help with this). Sprinkle the pan evenly with the salt and pepper. Set aside.

Drain the potatoes. Spread the wedges out on layers of paper towels or on clean kitchen towels, and pat dry. Wipe out the now empty bowl so it is dry. Return the potatoes to the bowl and toss with the remaining 1 Tbsp of oil. Arrange the wedges on the prepared baking sheet in a single layer. Cover tightly with foil and bake for 5 minutes. Remove the foil and continue to bake until the bottoms of the potatoes are spotty golden brown, 15-20 minutes, rotating the baking sheet after 10 minutes. Using a metal spatula, flip each potato wedge keeping them in a single layer. Continue baking until the fries are golden and crisp, 5 -15 minutes. Season with additional salt and pepper to taste. Serve warm.

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Old Fashioned Potato Gratin

Recipe source: leitesculinaria.com

- 1 1/2—2 lbs potatoes
- 1 garlic clove, crushed and peeled
- 1 Tbsp unsalted butter, at room temperature
- Kosher salt and freshly ground white pepper
- 3 Tbsp freshly grated Gruyère, Asiago, or Comté cheese
- 3 Tbsp freshly grated Parmigiano-Reggiano
- 1 1/2 cups heavy cream

1. To make the potato gratin, preheat the oven to 350° F. Adjust the oven rack to the top position.
2. Peel the potatoes and slice them crosswise about 1/8 to 1/4 inch thick. Place the potato slices in a bowl of water to cover so they don't discolor.
3. Meanwhile, firmly rub the garlic clove all over the bottom and sides of a 10-inch gratin dish to coat it with the garlic juices. Allow to dry for a few minutes, then rub the bottom and sides of the dish with the butter.
4. Drain the potatoes and pat them dry. Arrange a layer of potatoes in a slightly overlapping fashion, like a splayed deck of cards, in the bottom of the gratin dish. Season with a good dash of salt and pepper and a little of each of the two cheeses. Continue layering the potatoes and cheese in this fashion, seasoning each layer and finishing with the cheese (you should have at least three layers). Drizzle the cream along the sides of the dish, so as not to displace the cheese.
5. Place the gratin, uncovered, on the top rack and bake for 1 to 1 1/4 hours, or until the cream has been absorbed and the top is crispy and golden. Let stand for 10 minutes before serving.

Potato Kale Soup

Recipe source: www.newyorktimes.com

- 2 tablespoons extra virgin olive oil
- 1 medium onion, chopped
- 4 large garlic cloves, minced
- Salt, preferably kosher salt, to taste
- 1 3/4 to 2 pounds starchy potatoes, peeled and thinly sliced
- A bouquet garni of 1 bay leaf, 2 sprigs each parsley and thyme, and a Parmesan rind
- 1 pound kale, stemmed and washed thoroughly
- Freshly ground pepper



1. Heat one tablespoon of the oil over medium heat in a large, heavy soup pot, and add the onion. Cook, stirring, until tender, about five minutes. Add the garlic and 1/2 teaspoon salt. Cook, stirring, until fragrant, about 30 seconds to a minute. Stir in the potatoes, the bouquet garni and two quarts of water. Bring to a boil, add salt, reduce the heat, cover and simmer 30 to 40 minutes until the potatoes are falling apart. Remove the bouquet garni.
2. While the soup is simmering, prepare the kale. Stack the leaves, about six or eight to a stack, roll them up tightly and slice crosswise into very thin filaments.
3. When the potatoes have begun to fall apart, mash them in the pot with a potato masher or blend the soup with a hand blender. Stir the kale into the soup, and simmer 10 to 15 minutes, uncovered. The kale should be tender but should not become a drab olive green, if possible. Taste, adjust salt and add pepper. Stir in the remaining olive oil, and serve with crusty bread. Serves 6 to 8.

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