

Potato Wedges

Introduction

This is a very simple recipe that you can knock up in small batches to eat fresh, or you can make a few portions and keep in the freezer.

Ingredients

- Medium to Large Potatoes
- Flavouring
- Sunflower Oil

Options

- You can make a whole range of flavours or introduce your own seasoning to suit. I tend to favour “dry” seasoning, particularly if I am freezing the wedges
 - Lightly Seasoned (plain)
 - Salt & Black Pepper
 - Garlic & Chilli
 - Steak Rub

Equipment

- Tattie Peeler
- Large Pot
- Kettle
- Sieve or Colander
- Baking Tray
- Basic utensils – nothing special!

Preparation

There's not much to prepare other than peel the tatties!

- Boil a kettle of water
- Pre-heat the oven to 220°.

Method

Boil a kettle of water

Peel & wash the potato

Cut them into wedges. (*See Techniques*)

Add to the pot and rinse a couple of times.

Empty the water and put the pot on a high heat.

Immediately add the boiling water and return to the boil. Note the cold potatoes will cool the water.

Once the pot has returned to the boil, turn down the heat and simmer for a couple of minutes.

Remove the potatoes from the heat and drain off the water using a sieve or colander.

Return the potatoes to the pot and add the oil and flavouring.

Jiggle the pot lightly to distribute the oil and seasoning over the potatoes.

Transfer the wedges to the baking tray and put in the pre-heated oven at 220°.

If you are going to freeze the wedges, leave them in for 20 minutes.

If you want to eat them fresh, leave them in the oven for a further 10 minutes.



Portions

Number of portions 8 – 12 wedges
per portion.

Storage

This can be served fresh but also ideal for freezing in a foil tray for individual meals.

Allow to cool before freezing

Heating & Serving

Heating instructions from frozen are a guide only.

Be sure the wedges are piping hot throughout before serving.



30 min

Best cooked from frozen.

Reheat in the oven from frozen, with lid-off.

Pre-heat the oven to 200° and place foil tray of wedges on a baking tray and put in the oven for about 30 minutes depending on your oven efficiency and the number of trays being heated.

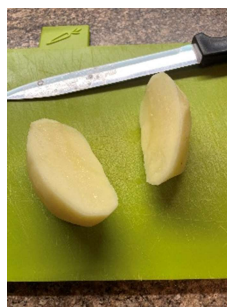


Not suitable for microwave heating due to the foil tray and the need for crispy wedges.

Note: It is much safer if we have a flat cut to lie the potato face-down for future cuts. The first cut will not have a flat bottom – but all cuts after that will, and that reduces the chance of the potato rocking or the knife slipping.

Technique

Cutting Potato Wedges



Cut the potato along its length.



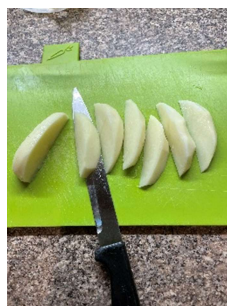
We want a flat bottom for all other cuts.



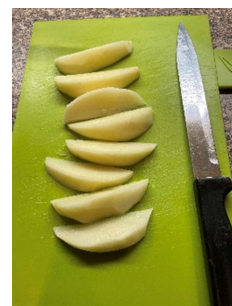
Cut the halves in half. Turn the wedges to have the largest surface to the bottom



Now the trickier cut. It's a curved cut from end point to end point.



Continue to cut the quarters in half again.



8 wedges from a decent sized potato. You will get more or fewer depending on the potato size.