

Roast Potato

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.

It's much simpler than the traditional recipes for hassleback potatoes or for those that insist on goose fat or other such unhealthy options!

Also, on the plus side – these freeze very well.

Ingredients

- 1kg bag of potatoes gives 800g peeled.
- Seasoning
- Sunflower Oil

Options

- You can coat the cooked potato with a little bit of flour as you shoogles them in the pan.
- You can also add a coating or flavouring to the potato after par-boiling.

Equipment

- Tattie Peeler
- Large Pot
- 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 200°.

Method

Boil a kettle of water

Peel & wash the potato

Cut them into golf-ball size. (*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. Add a bit salt to the water.

Once the pot has returned to the boil, turn down the heat and simmer for 10 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 any other seasoning you fancy.

Jiggle the pot lightly to distribute the oil and seasoning over the potatoes. This will also loosen the edges on the potato for a crispy finish.

Transfer the potatoes in a single layer to the baking tray(s) and put in the oven at 200°.

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

If you want to eat them fresh, turn over the potatoes and return them to the oven for a further 10 minutes.



Portions

Number of portions 5 – 8 potatoes
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 potatoes 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 potatoes.

Technique

Cutting Potatoes for Roasting or Boiling

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.



*Cut the potato in half.
We want a flat bottom
for all other cuts.*



*You might need to cut
into thirds if it's a large
potato.*



*Turn the potato "flat side
down" and cut once
again to get the final size
you want.*