



the potato cookbook

recipes featuring the world's greatest vegetable

DALE WHYBROW



hardie grant books



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choose

Potatoes fall into three general categories that define their basic characteristics and also the best ways to cook with them. Choosing the best potato for your recipe will have a big impact on the success of your dish.

FLOURY (OR ROASTING) POTATOES

(also known as starchy potatoes, high-starch potatoes or fluffy potatoes)

VARIETIES

- | | |
|---------------|---------------|
| • COLIBAN | • ROOSTER |
| • RUSSET | • MARIS PIPER |
| • IDAHO | • KESTREL |
| • SUPERIOR | • BISON |
| • VIVALDI | • EUREKA |
| • KATAHDIN | • ESTIMA |
| • KING EDWARD | • MARABEL |

GOOD FOR

Use floury potatoes for the best mash, fries, wedges, chips (crisps), smooth soups, gnocchi, whole baked potatoes in their skins, and roast potato pieces coated in fat or oil. These are also the ones to choose for breads, cakes or slices where the recipe calls for mashed potato.

WAXY POTATOES

(also known as low-starch potatoes)

VARIETIES

- | | |
|------------------|----------------|
| • KIPFLER | • JERSEY ROYAL |
| • RED BLISS | • NADINE |
| • HUCKLEBERRY | • ANYA |
| • NEW (BABY) | • FINGERLING |
| • CHARLOTTE | • NICOLA |
| • MARIS PEER | • PATRONE |
| • RUSSIAN BANANA | • PINK EYE |
| • PINK FIR APPLE | • PURPLE CONGO |
| • PURPLE VIKING | • CAROLA |

GOOD FOR

Use waxy potatoes for the best salads, chunky soups, potato bakes, stews and gratins. They're also great for breads that include cubes of potato.

ALL-PURPOSE POTATOES

(also known as medium-starch potatoes)

VARIETIES

- | | |
|---------------|--------------------|
| • DUTCH CREAM | • OTWAY RED |
| • YUKON GOLD | • DESIREE |
| • KENNEBEC | • TOOLANGI DELIGHT |
| • SPUNTA | • KENNEBEC |
| • MOONLIGHT | • PURPLE PERUVIAN |
| • BINTJE | • GOLDEN DELIGHT |
| • YELLOW FINN | • SEBAGO |
| • OSPREY | • PONTIAC |
| • RED GOLD | • RED RASCAL |
| • NORLAND RED | |
| • ROYAL BLUE | |

GOOD FOR

Use as per floury or waxy potatoes.

potato and ricotta gnocchi with brown butter and cherry tomatoes

This is just the gnocchi recipe you’ve been looking for. The addition of ricotta to the potato makes these gnocchi meltingly tender, and the cherry tomatoes soften into the browned butter for a brighter take on the traditional sauce. Timing is important, so have the sauce ready before you drop the gnocchi into the boiling water.

Use floury (starchy or roasting) potatoes; see pages 002–003 for a list of varieties.

for the gnocchi

3 medium potatoes, about 500 g (1 lb 2 oz)

½ teaspoon salt for the cooking water

1 large egg plus 1 yolk, whisked

185 g (6½ oz/¾ cup) ricotta

150 g (5½ oz/1 cup) plain (all-purpose) flour, sifted, plus extra for dusting

50 g (1¾ oz/½ cup) freshly grated parmesan cheese

¼ teaspoon sea salt

for the sauce

90 g (3 oz) unsalted butter

500 g (1 lb 2 oz) cherry tomatoes, halved

¼ teaspoon sea salt

¼ teaspoon freshly ground black pepper, plus extra to serve

1 tablespoon lemon juice

60 ml (2 fl oz /¼ cup) potato cooking water

10 g (¼ oz/⅓ cup) torn fresh basil leaves, loosely packed, plus a few extra, to serve

1. To start the gnocchi, peel and chop the potatoes into pieces, about 3 cm (1¼ in). Put in a small saucepan with the salt and cover with cold water. Bring to the boil over medium–high heat and cook until very tender, about 15 minutes, testing with the point of a sharp knife. Drain the potatoes, reserving 60 ml (2 fl oz/¼ cup) of the cooking water, and return them to the saucepan over low heat for 1 minute to ensure any excess water has evaporated. Pass the potato through a ricer or mash very well. Set aside to cool.

2. While the potatoes are cooking, bring a large saucepan of water to the boil over medium–high heat, ready to cook the gnocchi.

3. Start the sauce while the potatoes are cooling. Melt the butter in a small frying pan over medium heat. Cook the butter until it starts to brown, about 3 minutes. Stir in the tomatoes, salt and pepper and simmer on medium–low heat until the tomatoes become soft and start to melt into the butter, about 8 minutes. Stir in the lemon juice and 60 ml (2 fl oz /¼ cup) of the potato cooking water until combined. Taste and add more sea salt and pepper if needed. Reduce the heat to low and stir the sauce occasionally while you make the gnocchi.

4. While the sauce is simmering, measure 395 g (14 oz/1¾ cups) of the cooked, smooth potato into a large mixing bowl. Pass the ricotta through the ricer (or push it through a sieve) and add to the mixing bowl. Add the flour, 35 g (1½ oz/⅓ cup) of the parmesan cheese, the egg mixture and sea salt to the mixing bowl and mix with a spatula or your hand for as short a time as possible, just until the sticky dough starts to come together.

Recipe continues on next page.

SERVES 2-3 AS A SNACK

super easy, super crispy potato peels

Use well-washed potato peels.

about 100 g (3½ oz) potato peels, from about
1 kg (2 lb 3 oz) peeled potatoes
1 tablespoon olive oil
½ teaspoon sea salt flakes, plus extra to serve

1. Preheat the oven to 210°C (410°F).
Line a baking tray with baking paper.
2. Wash the potatoes well before you peel them. As you peel each potato, give the peels a rinse and put them in a colander to drain. Dry them well on paper towel and put them in a small mixing bowl. Add the olive oil and salt and turn the peels over until they are well coated.
3. Place them on the baking tray and bake until golden and crispy, about 20–25 minutes.
4. Tip the crispy potato peels onto a plate and serve immediately with a sprinkle of extra sea salt if desired.

The next time you’re peeling potatoes, don’t throw away the peels. Baked in the oven, they make a crunchy, moreish snack or a great topping for soup. The secret is to wash and dry them well, toss them in oil and get them into the oven quickly. They’re so good, and so easy, you’ll wonder why you haven’t been doing it for years.





SERVES 3–4

spelt and potato pizza

This pizza has the total wow factor. Potatoes and rosemary are always a winning combination, and cheese is a given. Then there’s bacon and onion jam, which lifts this pizza to knockout. For an added punch of flavour, throw on some sliced olives.

Use waxy potatoes; see pages 002–003 for a list of varieties.

for the bacon and onion jam

- 350 g (12½ oz) rindless streaky bacon, cut into 1 cm (½ in) pieces
- 30 g (1 oz) unsalted butter
- 2 large onions, about 400 g (14 oz), quartered and thinly sliced
- 125 ml (4 fl oz/½ cup) cold brewed coffee
- 2 tablespoons maple syrup
- 2 tablespoons balsamic vinegar
- 1 large granny smith apple or other tart cooking apple, peeled, cored and grated
- 1 teaspoon fresh thyme leaves
- ¼ teaspoon freshly ground black pepper

for the pizza

- 250 ml (8½ fl oz/1 cup) lukewarm water, about 40–42°C (104–108°F)
- 1 teaspoon honey
- 2¼ teaspoons dry yeast, about 7 g (¼ oz)
- 210 g (7½ oz/1½ cups) white spelt flour
- 225 g (8 oz/1½ cups) plain (all-purpose) flour
- 2 teaspoons sea salt
- 60 ml (2 fl oz/¼ cup) full-cream (whole) milk
- 60 ml (2 fl oz/¼ cup) olive oil
- 3 small potatoes, about 300 g (10½ oz)
- ½ teaspoon salt for the cooking water
- 225 g (8 oz/1½ cups) grated mozzarella cheese
- 1 teaspoon chopped fresh rosemary, plus extra to serve
- 25 g (1 oz/¼ cup) grated parmesan cheese

1. In a large frying pan over medium heat, cook the bacon until golden, stirring occasionally, about 20 minutes. Transfer the bacon to a plate lined with paper towel. (Don’t wash or scrape out the frying pan.)
2. In the same frying pan, melt the butter and cook the onions, stirring occasionally and scraping up any brown bits at the bottom of the frying pan, until there are touches of gold on the onion slices, about 4 minutes. Reduce the heat to medium–low, cooking the onions until they are very soft and golden, about 20 minutes.
3. Return the bacon to the pan and stir in the coffee, maple syrup, balsamic vinegar, apple, thyme and pepper. Cook until reduced and thickened, about 40–50 minutes, stirring occasionally.
4. To make the pizza dough, pour the lukewarm water into a small measuring jug. Stir in the honey. Sprinkle the yeast over the water and stir gently. Set aside until the top of the water is foamy, about 5–10 minutes.

Recipe continues on next page.

luscious chocolate potato cake

Use floury (starchy or roasting) potatoes; see pages 002–003 for a list of varieties.

for the cake

250 g (9 oz) unsalted butter, at room temperature, cubed, plus extra to grease the pan

85 g (3 oz/¾ cup) unsweetened (Dutch) cocoa powder, sifted, plus extra to dust the pan

3 small potatoes, about 300 g (10½ oz), peeled and cut into 2 cm (¾ in) pieces

375 g (13 oz/2½ cups) plain (all-purpose) flour, sifted

2 teaspoons instant coffee powder, sifted

2 teaspoons baking powder

1 teaspoon sea salt

4 large eggs, at room temperature

250 ml (8½ fl oz/1 cup) buttermilk, at room temperature

170 g (6 oz/¾ cup) caster (superfine) sugar

140 g (5 oz/¾ cup) brown sugar

2 teaspoons natural vanilla extract

for the ganache

190 ml (6½ fl oz/¾ cup) thick (heavy) cream

200 g (7 oz) dark chocolate (70%)

¼ teaspoon sea salt flakes (optional)

This beautiful moist cake is, without question, my preferred chocolate cake. Made in a bundt pan, it's a real showstopper! Serve the cake with whipped cream or vanilla ice cream, or both.

1. Preheat the oven to 180°C (350°F). Grease a 24 cm (9½ in) bundt pan with butter and dust with 2 teaspoons of sifted cocoa powder, shaking out any excess.

2. Put the potatoes in a small saucepan and cover with cold water. Bring to the boil over medium–high heat and boil until very tender, about 12 minutes, testing with the point of a sharp knife. Drain the potatoes and return them to the saucepan over low heat for 1 minute to ensure any excess water has evaporated. Pass through a ricer or mash until very smooth. Set aside to cool to room temperature.

3. In a large mixing bowl, whisk together the flour, cocoa powder, coffee powder, baking powder and sea salt. Set aside.

4. In a medium mixing bowl, whisk the eggs until well combined. Set aside.

5. Measure 230 g (8 oz/1 cup) of mashed potato into a separate large mixing bowl. Using a wooden spoon, stir 60 ml (2 fl oz/¼ cup) of the buttermilk into the potato and beat until smooth. Add the remaining buttermilk to the potato and stir until smooth.

6. In a separate large mixing bowl or the bowl of a stand mixer, beat the butter and sugars until light and fluffy, about 4 minutes. Add the whisked eggs, about a quarter at a time, mixing until each addition is completely incorporated before adding the next. Stir the vanilla extract into the cake batter.

7. Stir about one-third of the flour mixture into the cake batter until just incorporated. Next, stir in half of the potato/buttermilk mixture. Repeat with a further third of the flour mixture followed by the rest of the potato/buttermilk mixture. Lastly, fold the remaining flour into the batter.

8. Pour the cake batter evenly into the prepared pan and lightly smooth the top with a spatula. Place the bundt pan on a baking tray and bake until a toothpick or skewer inserted into the cake comes out clean, about 50 minutes. If you press the cake lightly with your finger it should bounce back. Don't worry if there are cracks in the top of the cake as they will be underneath when the cake is served.

9. Cool the cake in the pan for 10 minutes before turning out onto a wire rack.

10. When the cake is cool, make the ganache. Heat the cream in a small saucepan over medium heat until steaming and almost boiling. While the cream is heating, chop the chocolate into small pieces and put in a medium mixing bowl. Pour the hot cream over the chocolate and let it sit undisturbed for 1 minute, then stir continuously until the chocolate is melted and the ganache is smooth and glossy. Slowly pour the ganache over the cake and sprinkle with sea salt flakes, if desired.

11. Transfer the cake to a serving plate, to be the star of the table. Store left-over cake in the refrigerator in an airtight container for up to 3 days.

