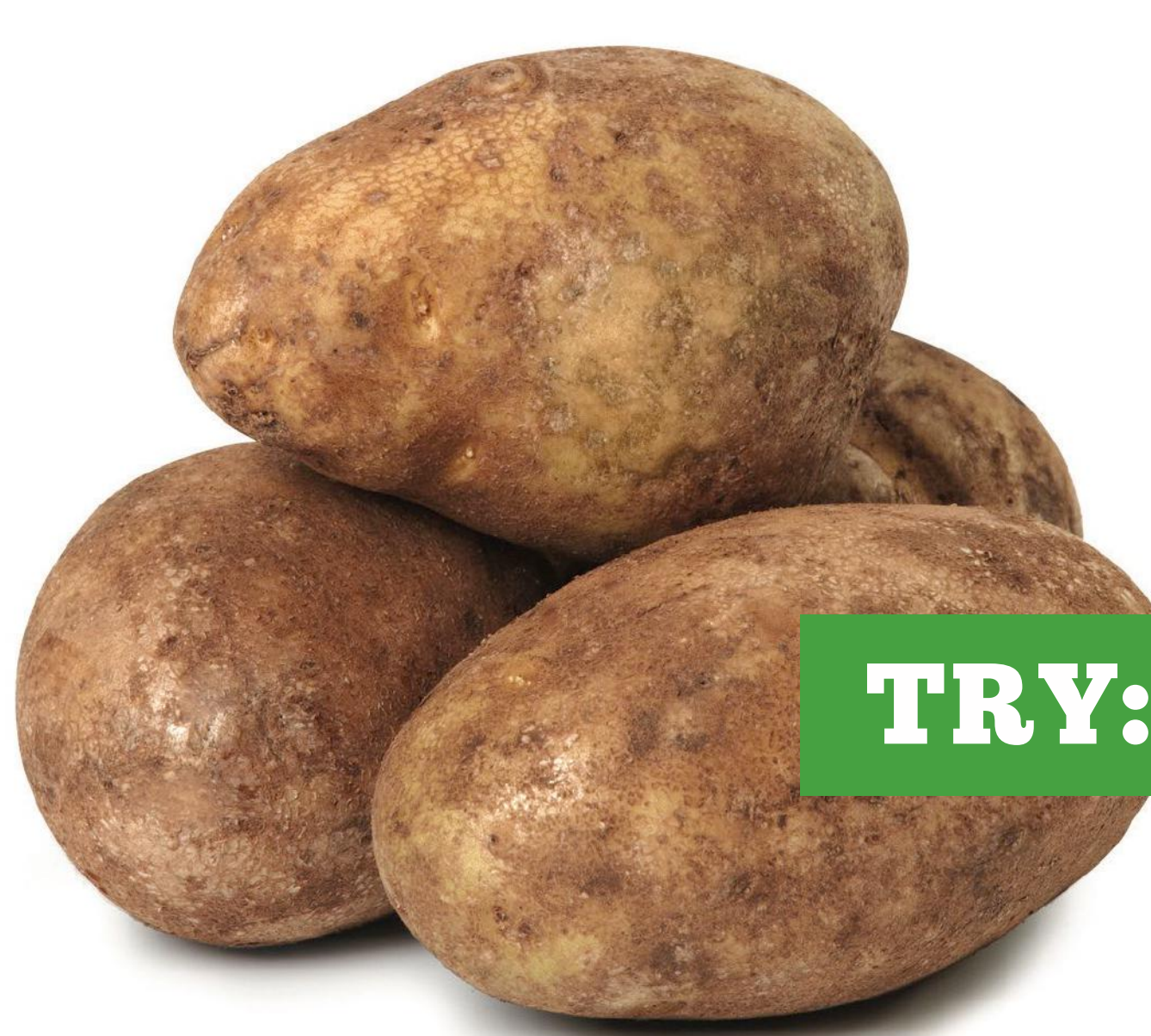


YOUR GUIDE TO Potatoes

Potatoes are a versatile comfort food. Not only do they taste great in the dishes we know and love, like French fries and mashed potatoes, but they are also delicious when prepared in unexpected ways. Here are the differences between the varieties and some great, easy new ideas for serving them up.



TRY:

BAKER'S OR RUSSET POTATOES

Tastes mildly earthy and less sweet than other varieties. Low in moisture and high in starch, baker's potatoes have thick brown skin and rich, hearty flesh. They have a fluffy light texture when cooked.

CLASSIC



1 Boil and mix with butter and milk for creamy mashed potatoes

CLASSIC



2 Bake in foil, then serve topped with sour cream and chopped chives

UNEXPECTED



3 Blend with cooked carrots for carrot-and-potato purée

MINI MEDLEY

A blend of miniature red, yellow and blue potatoes with contrasting flavours, from honey-like to earthy, they stay firm after cooking.



TRY:

CLASSIC



1 Roast or steam as a colourful side dish, adding a drizzle of olive oil, and salt and pepper to taste

UNEXPECTED



2 Use in mayonnaise-free potato salad with Dijon mustard and red onions

UNEXPECTED



3 Peel, quarter and boil and add to niçoise salad

NEW POTATOES (RED AND WHITE)

Buttery flavour and low in starch, with a super tender texture when cooked. Waxy, thin skin and creamy, mild flesh. Defined as any potatoes that are harvested before they've reached full maturity.



TRY:

CLASSIC



1 Steam or boil with skin on, then top with butter, chopped chives and dill

UNEXPECTED



2 Bake with sea salt and rosemary

UNEXPECTED



3 Slow-roast to make a one-pan meal with roast chicken and tomatoes

SWEET POTATOES

Moist, with a delicate, candy-like sweetness and vivid orange flesh. High in starch and creamy-soft when cooked.



TRY:

CLASSIC



1 Slice into strips (thin or chunky) and fry in vegetable oil for sweet potato fries

CLASSIC



2 Simply bake, unpeeled, then chop and serve with butter and rosemary

UNEXPECTED



3 Boil and cool to toss in a salad with shrimp

YELLOW FLESH

Featuring a well-balanced sweetness and creaminess, these large potatoes have golden, flecked skin and a yellow-tinged flesh. High moisture content makes them ideal for mash.



TRY:

CLASSIC



1 Julienne, or cut thick or thin to make classic French fries

CLASSIC



2 Slice thinly for an *au gratin* side dish (topped with bread crumbs or grated cheese and browned)

UNEXPECTED



3 Top pizza with thin potato rounds, caramelized onion and rosemary

TREAT YOUR SPUDS RIGHT: HOW TO PICK, KEEP AND PREP POTATOES

Select



Choose potatoes with smooth skin and no visible sprouts, green areas or blemishes. They should be firm and dry.

Handle



Most potatoes are sturdy, but sweet potatoes bruise easily and should be handled with care.

Store



Keep in a cool, dry, dark and well-ventilated place for two weeks.

Prep



Scrub potatoes clean, removing bruises, green spots and sprouts, before using. Discard unripe or green potatoes.