



We hope you enjoy the potatoes & these recipes, compliments of the Potato Growers of Alberta

NO- FRY POTATO SKINS

4 Large Russet Potatoes	1 ½ tsp. chili powder
1/4 c Olive Oil	1 ½ tsp. curry powder
1 tsp. salt	1 ½ tsp. coriander seed
½ tsp. pepper	

Preheat oven to 400*

- Bake potatoes for 1 hr. Remove from oven, but leave the oven on. Slice potatoes in ½ lengthwise and cool 10 min. Scoop out middle, leaving 1/4" shell.
- Cut each half into 3. Dip into olive oil, and place on a baking sheet.
- Combine salt and spices and sprinkle over potatoes. Bake skins for 15 min or until crispy and brown. Serve immediately.

JAPANESE BEEF CROQUETTES

3 Russet Potatoes, peeled and chopped	
1 T butter	4 tsp. light soya sauce
1 T vegetable oil	flour for coating
3 onions chopped	2 eggs beaten
¾ # ground beef	Panko bread crumbs
½ c oil for frying	

- Boil potatoes in salted water until tender, about 15 min. Drain, and pour into large bowl. Stir in butter, and mash.
- Heat 1T oil in large skillet over med. heat. Stir in onions and cook til soft. Stir in beef and soy sauce. Cook until brown and dry, stirring continuously. Stir into potatoes.
- Heat ½ cup oil in skillet or wok over med-high heat. Shape potato mixt. Into 10 balls and flatten into patties. Dredge in flour, dip in egg and coat in panko. Fry until golden on each side.
- Serve with katsu sauce.

POTATO PASTRY- MAKES 2 - 9" CRUSTS

1 ½ c Flour	1c mashed potatoes
1 tsp. salt	1 stick butter (cut –up)
1 T Sugar	2 T ice water

- Mix flour, salt, and sugar. Add cooled potatoes and mix well. Cut in butter with pastry blender. Mix in water with a fork.
- Turn dough onto work surface and knead into ball. Wrap in plastic, and chill at least 1 hour. May be stored up to 4 days in fridge, or freeze for 1 month.

TURKEY POT PIE

1 recipe Potato Pastry (above)	
4 T butter	Salt and pepper to taste
1 small onion	2cubes chicken bouillon
2 stalks celery	2 c water
2 carrots	3 potatoes
3 T dried parsley	1 ½ c cubed turkey
1 tsp. oregano	3 T flour
½ c milk	

- Preheat oven to 425*. Roll our bottom pie crust and press into pan. Set aside.
- Melt 2 T butter in large skillet over med heat. Add an onion, celery carrots parsley oregano and salt and pepper. Cook and stir until the vegetables are tender. Stir in the bouillon and water. Bring to boil and add peeled, cubed potatoes- cook until tender but firm.
- In saucepan, melt remaining 2 T butter. Stir in cooked turkey and flour. Add milk and heat through. Stir the turkey mixture into the vegetable mixture and cook until thickened. Cool slightly and pour into unbaked pie shell. Roll our top crust and place on top. Flute edges and slit top to let out steam.
- Bake in preheated oven for 15 min. Reduce oven temperature to 350* and continue baking 20 min. or until crust is golden.

MAKE-AHEAD MASHED POTATOES

5 yellow flesh potatoes	1 pkg. cream cheese
1 c sour cream	½ cup milk
2 tsp. onion salt	Pepper to taste

- Preheat oven to 325*. Boil potatoes in lightly salted water until tender, about 15 minutes. Drain and mash. Add remaining ingredients, mix well.
- Transfer to casserole dish. If making ahead- these can be refrigerated several days at this point. Remove from fridge 30 min before baking. Cover and bake 50 min.

