

## SIDE DISHES FROM THE STOVE TOP

### *COALDALE RÖSTI*

6 large potatoés (red or Bintje taste great)

1/2 cup finely chopped green pepper

1/2 cup finely chopped onion

1/2 cup minced ham

1/2 cup shredded Swiss cheese

Lawry's seasoning salt

Sauté pepper, onion, pepper and ham in separate pan. Shred potatoes - do not chop. Melt margarine in large frying pan and spread evenly. Sprinkle seasoning salt evenly to taste. Spread 1/2 of potatoes in pan. Spread sautéed mixture over potatoes. Spread Swiss cheese. Spread last of potatoes and press together.

Fry at high heat to brown bottom, then cut into individual pieces and flip. Best for breakfast. Serves 4 generously.

Gerald Perry  
Coaldale, AB

Hear about the potato that was caught speeding?  
He should have checked his spudometer.

## **GOLDEN HASH**

*If you don't have a non-stick skillet, you will need to add additional oil.*

- 4 medium potatoes
- 1/2 large onion, finely diced
- 1 carrot, shredded (about 1/2 cup - 125 mL)
- 1/2 red pepper, diced (about 1/2 cup - 125 mL)
- 1 tablespoon (15 mL) vegetable oil
- 1/2 teaspoon (2 mL) salt
- dash of black pepper
- 2 tablespoons (30 mL) minced parsley

Peel potatoes and cut into 1/4-inch cubes. In a large, heavy non-stick skillet over medium-high heat, sauté onion, carrot and red pepper in oil until onion is translucent. Set vegetables aside in a small bowl.

Add potatoes to skillet, turning to coat. Fry over medium heat for 20 to 30 minutes or until golden and tender, turning occasionally. Return onion mixture to skillet and heat through. Sprinkle with salt, pepper and parsley. Serves 4.



*141 calories; 4 g fat; 3 g protein; 26 g carbohydrate;  
3 g fibre; 26 mg vitamin C; 312 mg sodium;  
440 mg potassium.  
22% of calories are from fat.*

## **GREEN BEANS, POTATOES AND BACON (VEGGIES AND BACON)**

*Add chunks of ham or cooked Polish sausage for a heartier dish.*

- 4 cups water
- 1/2 pound green beans, trimmed and cut in 1-inch pieces  
(about 2 cups)
- 4 small new potatoes, scrubbed and each cut in 8 pieces
- 1 1/2 teaspoons salt
- 5 slices bacon, cut in 1-inch pieces
- 1/4 cup chopped onion
- 1/4 teaspoon pepper

In a medium saucepan, place water, beans, potatoes, and 1 teaspoon of the salt. Over medium-high heat, bring to a boil; reduce heat to low, cover and simmer for 10 to 12 minutes or until tender. Drain. Cover and set aside.

Meanwhile, in a 12-inch skillet over medium-high heat, cook bacon and onion until bacon is crisp and onion is tender. Drain off all but 1 tablespoon of the bacon drippings. Add beans and potatoes and toss until well coated with bacon and onion. Sprinkle with remaining 1/2 teaspoon salt and pepper and serve. Serves 4.

In a hurry? Potatoes can be cooked in the microwave. Place peeled and quartered potatoes in a shallow baking dish and add about 1/4 cup water. Cover. Four medium potatoes will take 8 to 10 minutes on HIGH in a 700-watt microwave oven. Stir at the half way mark.

## HEAVENLY WHIPPED POTATOES

*Whipped potatoes can be a lower fat choice. The onion and nutmeg add flavours without adding fat.*

4 medium potatoes peeled  
1/2 teaspoon (2 mL) salt  
2 to 4 tablespoons (30 to 50 mL) skim milk  
1 tablespoon (15 mL) margarine  
1 teaspoon (5 mL) grated onion  
Freshly grated nutmeg  
Salt  
Freshly ground black pepper

Cut potatoes in quarters. Place them in a saucepan with salt. Cover with water and bring to a boil. Cover and simmer until the potatoes are tender, about 20 minutes. Drain off all but 1/4 cup water. Mash potatoes with water, milk, margarine and other ingredients. Whip with electric beater for additional loft. Serves 4.



*116 calories; 3 g fat; 2 g protein; 21 g carbohydrate;  
1 g fibre; 7 mg vitamin C; 615 mg sodium;  
350 mg potassium.  
22% of calories are from fat.*

Once you eat one crinkle-cut chip, you just can't put the rest down. Must be the ripple effect.

## HOMEMADE PEROGIES

1/2 cup cold mashed potatoes  
2 tablespoons shortening  
2 egg yolks  
1/2 cup lukewarm water  
1 3/4 cups flour  
1 teaspoon cream of tartar  
1 teaspoon salt

**Potato filling:**  
2 cups cold mashed seasoned potatoes  
1 cup cottage cheese

Mix cold mashed potatoes, shortening and egg yolks. Add water. Stir together flour, cream of tartar, and salt. Stir into potato mixture. This makes a soft dough. Add more flour bit by bit so it no longer sticks to hands. Dust board with flour. Knead dough lightly. Cover with an inverted bowl and let stand for 10 minutes.

To make filling: Season potatoes with salt, pepper, onion and butter as you prefer. Stir in cottage cheese and grated cheese. The filling should be thick and stiff.

Pull off small ping-pong size bits of dough and roll each on a lightly floured surface, until it is a thin round, 2 1/2 inches in diameter. Place spoonful of filling in centre of each round of dough. Fold over and press edges together firmly.

**To cook:**  
Drop a few perogies at a time into a pot of boiling water. Stir with a wooden spoon to keep them from sticking together. Continue cooking until perogies are well puffed and floating on top of the water.

Barbara Vander Leek  
Blackfalds, AB

## POTATO PANCAKES

3 cups potatoes, raw and grated  
2 eggs, slightly beaten  
1 cup milk  
1/2 cup minced onion  
1/4 cup flour  
2 teaspoons double action baking powder  
1 teaspoon salt  
fat for frying

Drain well grated potatoes. Combine eggs, milk, and onion. Sift in flour, baking powder and salt. Beat until smooth. Fold in potatoes. Using a measuring cup for each pancake, pour on a greased griddle. Fry both sides over medium heat until brown. Serve with apple sauce. Makes about 10.

Ian McGillivray  
Coaldale, AB

What did the french fry say to the potato pancake?  
"You're grate the way you are."

## SAUCY POTATOES AND SNOWPEAS

*An updated version of an old recipe.*

4 medium potatoes, peeled and quartered  
1 package (170 g) frozen snow peas  
1 tablespoon (15 mL) butter or margarine  
3 tablespoons (45 mL) flour  
1 cup (250 mL) skim milk  
10 oz (284 mL) canned sliced mushrooms, drained  
1 1/2 teaspoons (7 mL) dried minced onion  
dash of white pepper  
3 tablespoons (45 mL) diced red pepper

In a medium saucepan, cook quartered potatoes in boiling salted water until tender. Drain well and cut into cubes; set aside.

Meanwhile, cook pea pods according to package directions; drain and set aside to keep warm.

Melt margarine in a 3-quart saucepan, stir in flour and cook on medium heat for 2 minutes. Remove pan from the burner, gradually add milk, stirring constantly. Return saucepan to medium heat and thicken sauce while stirring constantly. Add mushrooms, dried onion and white pepper. Pour sauce over potatoes, pea pods and red pepper and cook until heated through, stirring occasionally. Serves 6.



*126 calories; 2 g fat; 2 g protein; 23 g carbohydrate;  
2 g fibre; 18 mg vitamin C; 144 mg sodium;  
398 mg potassium.  
15% of calories are from fat.*

"The world is full of a lot of ugly sights that the eyes of the potatoes were never meant to see." A sign in a health food store.  
Take the hint: store potatoes in the dark.

## EAST MEETS WEST VEGETABLES

*This stir fry dish combines Alberta vegetables, including potatoes, with flavours from China.*

- 2 medium yellow potato
- 3 tablespoons (45 mL) vegetable oil
- 1 clove garlic, finely chopped
- 1 tablespoon (15 mL) ginger, finely chopped
- 1 medium onion, diced
- 1/2 medium carrot, sliced
- 1/2 cup (125 mL) fresh cauliflower, cut into small flowerets
- 1/2 cup (125 mL) fresh broccoli, cut into small flowerets
- 1/4 pound (125 g) mushrooms, cleaned & halved
- 1/2 green pepper, cubed
- 1/2 red pepper, cubed
- 1/2 cup (125 mL) chicken broth
- 3 1/2 oz. (213 mL) tomato sauce
- 1 tablespoon (15 mL) black bean sauce
- 1 1/2 tablespoons (20 mL) hoisin sauce
- 1 teaspoon (5 mL) Chinese chili sauce
- 1/4 teaspoon (1 mL) red pepper flakes
- 1/2 tablespoon (7 mL) wine vinegar
- 1/2 tablespoon (7 mL) cornstarch

Prepare the potato by partially cooking in the microwave. Pierce the potato several times and microwave on HIGH for about 2 minutes or until slightly softened to touch. Let cool and then cut into 1/2 inch (1 cm) cubes.

In a large Dutch oven or deep skillet, heat oil and lightly brown garlic and ginger. Add onions and stir fry until translucent, about 3 minutes. Add sliced carrots and stir fry for 2 to 3 minutes. Add remaining vegetables and stir fry about 5 minutes. To control sticking, add small amounts of water or broth.

In a large measuring cup, stir together all remaining ingredients. Pour over vegetables and simmer for a few minutes stirring occasionally until vegetables are tender crisp and sauce has thickened slightly. Serves 4.



209 calories; 8 g fat; 7 g protein; 31 g carbohydrate;  
4 g fibre; 72 mg vitamin C; 1756 mg sodium;  
826 mg potassium.  
31% of calories are from fat.

Yellow skinned potatoes will keep their shape through stir frying.