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I Love Potatoes Cookbook

This cookbook is for people who LOVE potatoes and who would like to share their LOVE with friends and family. There are also tips for people who have not had much cooking experience with potatoes.

The most popular vegetable in Canada is the potato. No wonder it fits into all budgets, is versatile food which fits into cuisines from around the world and is easy to prepare.

About This Cookbook

Many of the recipes in this cookbook are from the families who grow potatoes in Alberta. Who should know more about the potato and the variety of dishes they can be used for than the people who grow them? In 1997, many recipes were adapted with lower fat ingredients and preparation tips for quickly prepared potatoes and meals.

When you see these symbols in the book, you will find:



a recipe lower in fat. Where possible salt was decreased and fibre increased.



a recipe which is quick to prepare - from 15 to 35 minutes.

What Potatoes Should I Buy?

Different potato types have different cooking capabilities. Like "one size fits all" clothes, one type of potato does not fit all cooking purposes. The main types of Alberta potatoes are:

Baking (Russet) potatoes are long, oblong and have brown skins. They are wonderful for mashed potatoes, french fries, and baked potatoes.

Red potatoes are round, with red skins and white flesh. They are best for boiled, roasted or scalloped potatoes. They keep their shape well through cooking.

Yellow potatoes are oblong with light yellow skins and yellow flesh. They make lovely boiled, roasted, scalloped potatoes; potato salad or go well in soups or stews where the potato remains cubed. They take somewhat longer to cook, but they hold their shape well.

New Potatoes are usually smaller potatoes which do not go into storage. Any of the above potatoes can be new. The new potato has more sugar than other potatoes, so will take longer to cook.

Buy potatoes that are firm, fairly smooth and free from blemishes and green tinges. Potatoes are graded as Canada #1 or #2. Grade #1 potatoes are consistent sizes and have few blemishes. Grade #2 may be purchased on special and tend to have more blemishes and bruises so there is more waste.

What is the Best Way to Store Potatoes?

Potatoes are best stored in a cool, dark place. Transfer potatoes from plastic bags to paper or burlap bags. When you transfer, remember potatoes can bruise easily. Treat them gently to keep a high quality vegetable.

If you live in an apartment, buy only enough potatoes for a week and store in a dark room.

Potatoes are Just Starch

Not true! Nutritionally, potatoes are a vegetable and are fat free, high in fibre; low in sodium, an excellent source of vitamin C and B6, and a good source of niacin, thiamin, iron and magnesium.

Compare the nutrition facts:

	Baked Potato 1 medium	Orange 1 medium	Spaghetti 1 cup	Rice White Long Grain 3/4 cup
Calories	176	64	197	169
Carbohydrates (g)	41	16	40	37
Fibre (g)	4	3	2	.5
Fat (g)	0	0	1	0
Protein (g)	4	1	7	3.3
Sodium (mg)	13	1	140	2
Potassium (mg)	689	250	43	53
Vitamin A	0%	2.5%	0%	0%
Vitamin D	0%	0%	0%	0%
Vitamin E	1%	0%	0%	0%
Vitamin C	35%	133%	0%	0%
Thiamin	13%	9%	23%	2%
Riboflavin	4%	4%	25%	1%
Niacin	16%	4%	17%	6%
Vitamin B6	31%	6%	3%	4%
Folacin	8%	21%	35%	2%
Vitamin B12	0%	0%	0%	0%
Calcium	2%	9%	9%	1%
Phosphorus	8%	3%	7%	5%
Iron	16%	1%	17%	3%
Zinc	7%	1%	8%	5%
Magnesium	18%	6%	10%	5%

Nutrition guidelines written by Health Canada and endorsed by the Heart and Stroke Foundation, the Canadian Cancer Society and the Dietitians of Canada recommend choosing more vegetables and fruits as part of a healthy diet.



This symbol will help you choose lower fat and higher fibre recipes from this book. Sodium and potassium levels are also included in these recipes for people who need to lower their salt to help control high blood pressure.

These “benchmarks” are helpful in reading the nutritional values of the recipes:

Calories: An adult woman (25 to 49 years) needs 1900 calories and for an adult man (25 to 49 years) it is 2700 calories. These are for “average” people - individual needs will vary with activity levels.

Fat: For the “average” woman, 65 g or less of fat per day would help ensure fat eaten is less than 30% of calories. For the “average” man, 90 g or less of fat is needed.

Children, especially young children need more than 30% of calories from fat. Some Main Dishes in this book have small amounts of fat. If served, offer children additional bread and margarine or butter or garnish with cheese, if appropriate.

Protein: Typical adult requirements range from 36 g for a school aged child to 50 g for women and 64 g for men.

Sodium: When you need to limit your sodium for high blood pressure control, 2000 to 3000 mg of sodium per day is recommended. Since one teaspoon of salt has 1900 mg. of sodium, learn to enjoy dishes, including potato dishes with plenty of herbs and spices rather than salt.

Fibre: Experts recommend 25 to 35 g of fibre for adults daily. One potato with the peel has 5 g about 15 to 20% of your needs.

Vitamin C: Adults require 30 to 40 mg of vitamin C daily. Many of the recipes in this book have 10 to 40 mg vitamin C per serving, a good part of daily needs.

Potato 101

Preparing potatoes to cook does not need to be confusing. Follow these steps to get potatoes so they are ready to cook.



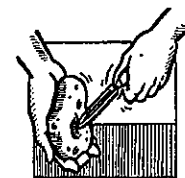
Scrubbing Potatoes

Gently scrub potatoes with a vegetable brush to remove dust and dirt.



Peeling Potatoes

Peel thinly. Leave as much flesh as possible as the most nutritious part of the potato is the outer third of the potato.



Remove blemishes, bruises and any green spots. If the recipe recommends unpeeled potatoes, remove blemishes and marks as required.

Cooking Potatoes

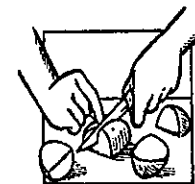
TIP: Cut potato pieces the same size to cook evenly.



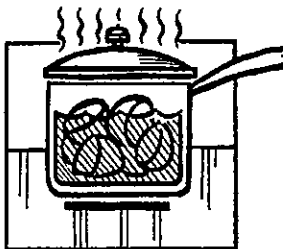
Sliced potatoes



Diced potatoes

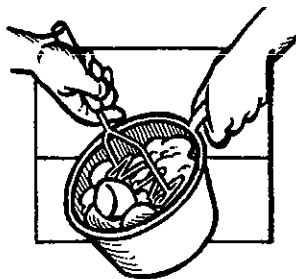


Quartered potatoes



Boiling Potatoes

Cook for 20 to 30 minutes. Cook until fork can cut through potato. Drain water and save for canned or homemade broth soups.



Mashing Potatoes

Baking Potatoes

Bake at 350°F for 60 to 70 min.

Burnt Potatoes

Even the best of cooks burn potatoes occasionally while boiling them. Transfer the unburnt potatoes to another pot, add water and a $\frac{1}{4}$ teaspoon of lemon juice. Finish cooking.