

# How to buy, store and cook Alberta Potatoes

## Buying

- Avoid potatoes with wrinkles, wilted skins or dark surfaces, and cut potatoes with a green appearance.
- Choose potatoes of similar size for even cooking.

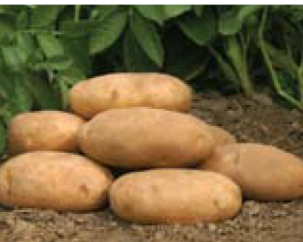
## Storing

- Store in a cool, dark place. Warm temperatures encourage potatoes to sprout and shrivel.
- Remove all green portions before cooking.
- Potatoes should not be stored in the fridge.

## Cooking

- Cooking potatoes with the skin on retains the potato's nutritional value.
- Peeled potatoes should not be soaked in water as it can lead to nutrient loss. Toss peeled potatoes in lemon juice to prevent them from turning brown.
- Cut potatoes into smaller pieces to shorten the cooking time.

[www.albertapotatoes.ca](http://www.albertapotatoes.ca)



# How to Prepare Alberta Potatoes

Alberta potatoes are the ultimate comfort food and staple in your kitchen. Learn what variety works best in your favourite recipe.\*

Best for	Potato type	Varieties available in Alberta
Baking	Russet, white flesh, yellow flesh	Yukon Gold, Russet Burbank, Russet Norkota, Adora
Salads, gratins, scalloped	New potatoes, red-skinned, white flesh, yellow flesh	Yukon Gold, Norland, Adora
Boiling	Russet, red-skinned, white flesh, new potatoes, yellow flesh, creamer (small), banana	Yukon Gold, Russet Burbank, Russet Norkotan, Norland, Adora
Mashing	Russet, white flesh, yellow flesh	Yukon Gold, Russet Burbank, Russet Norkota, Adora
French fries	Russet, yellow flesh	Russet Burbank, Russet Norkota, Bintje
Roasting	Red-skinned, white flesh, yellow flesh, new potatoes, creamer (small), banana	Norland, Yukon Gold, Bintje, Adora
Pan-frying or sauteed	Red-skinned, white flesh, yellow flesh, new potatoes, creamer (small), banana	Norland, Yukon Gold, Adora
Soups and chowders	Yellow flesh, red-skinned, white flesh, creamer (small), banana	Yukon Gold, Norland, Adora

\*Potatoes are a good source of vitamins, minerals, antioxidants, protein and carbohydrates.