

Potato recipes

Potato and Red Pepper Tortilla – Serves 2

This is a tasty quick supper dish and a great way to use the new potatoes that are now coming into season.

Preparation Time:- Approximately 2 minutes

Cooking Time:- Approximately 6-7 minutes.

Ingredients:- 1lb/450g new potatoes (cut into thin slices), 1 red pepper (diced and de-seeded), 4oz/100g frozen peas, 6 eggs, 2oz/60g cheddar cheese (we use a really mature cheddar), 2 tbsp olive oil, salt & pepper to season.

Instructions:- Cook the potato slices in boiling water for approximately 10 minutes until they are almost tender. Drain them and return them to the pan to dry. Meanwhile heat the oil in a frying pan and fry the pepper for a few minutes until softened, then add the potato and fry for a further 3 to 4 minutes until they are starting to brown. Then mix in the peas. Beat the eggs in a bowl and season with salt and pepper. Cook the eggs over a moderate heat for approximately 8-10 minutes until they are set on the bottom and sides and are nearly firm in the middle. Whilst the eggs are cooking pre-heat the grill. Break the cheese up into small cubes and sprinkle over the top of the tortilla. Place under the grill until the cheese has melted and the tortilla is starting to brown. Cut the tortilla up and serve immediately.

Handy Hint: This is lovely served with a fresh salad. It is also great served cold for picnics during those summer months with a glass of white wine!

Special Rough Mashed Potatoes with Carrot - Serves 4 as a side dish

This is such a simple recipe and a lovely way to do some different with carrots and potatoes, makes a great side dish for dinner parties.

Preparation Time:- Approx 10 minutes.

Cooking Time:- Approx 20-30 minutes

Ingredients:- 2 lb/1 kg potatoes, 2 Carrots - grated, 2 garlic cloves, 6 floz/175ml milk, sour cream, double cream or cream fraiche, 4 tbsp olive oil or 2oz/60g butter, Salt, black pepper and nutmeg to season

Instructions:- Cut the potatoes into chunks and place in a pan of water with the peeled whole garlic cloves. Bring to the boil and cook until tender, approximately 20-30 minutes. Drain and roughly bash the potatoes with a wooden spoon. Add the milk, sour cream, double cream or cream fraiche depending on your preference; then add the butter and the grated carrot and mix well. Season to taste with the salt, pepper and nutmeg.

Handy Hint:- You can vary this dish by adding different ingredients to the potatoes. You could substitute the carrots with other root vegetables or try something different and add goats cheese or horseradish to your bashed potatoes. Any herbs would work and pesto is also a lovely addition to bashed potatoes.

Pan fried New Potatoes with bacon and sage - Serves 2

New potatoes are now in season and like everyone else, it makes a really nice change to have these small firm tasty potatoes on your plate. There is a lot you can do with them, but I had never tried pan frying them until now. The garlic and bacon work really well with this dish, although you can leave the bacon out if you are vegetarian.

Preparation Time:- Approximately 5 minutes.

Cooking Time:- Approximately 20-25 minutes.

Ingredients:- 450g/1lb new potatoes, 3 tbsp olive oil, 6 garlic cloves (leave in their skins), 3 fresh sage leaves (ripped to shreds), 75g chopped bacon or diced pancetta.

Instructions:- Wash & wipe the potatoes and cut them in half. Meanwhile heat the olive oil in a sauté or frying pan over a moderate heat. When the oil is hot add the potatoes, garlic, sage and bacon. Fry until light golden in colour, then season with salt and pepper. Carry on cooking over a low to moderate heat for a further 20 minutes or until the potatoes are a golden brown colour and the garlic cloves are soft. Remove everything from the pan. Scrape out the soft cooked garlic and spread on all the potatoes before serving immediately.

Handy Hint: - *Pour some crème fresh in right at the end of cooking to provide a lovely sauce which wil mix with all the bacon juices*