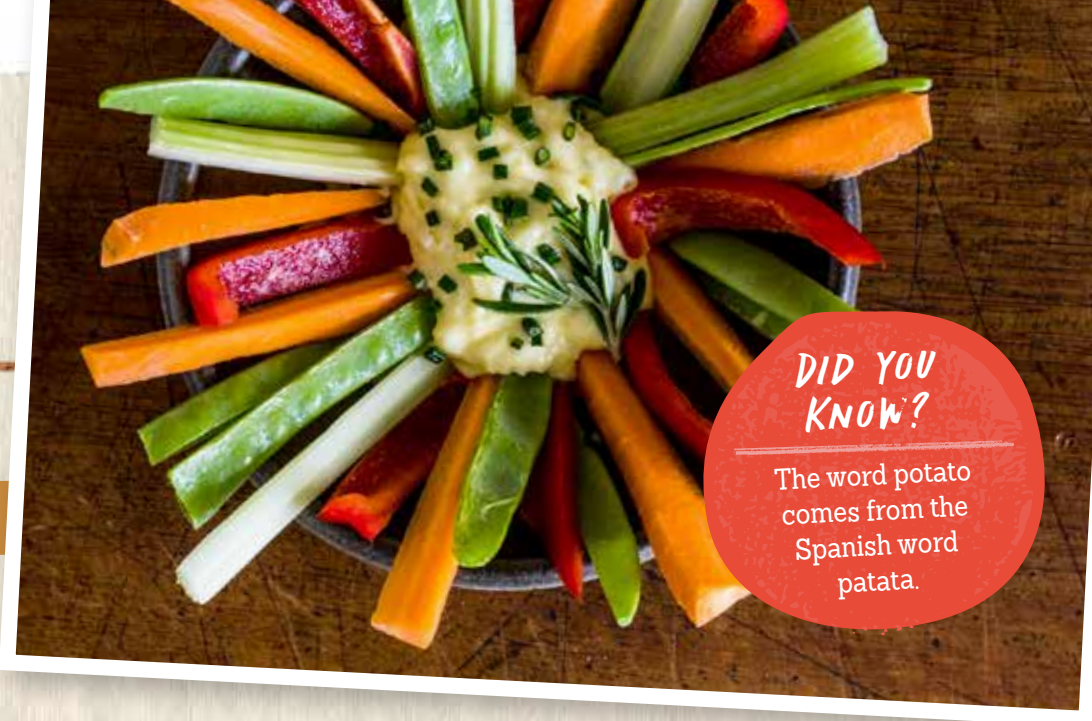


# Potato

## RECIPES



### DID YOU KNOW?

The word potato comes from the Spanish word patata.

## Skordalia (potato and garlic dip)



Total preparation and cooking time:  
20 minutes + refrigeration overnight



Makes 2 tubs



### WHAT YOU NEED

4 large potatoes, peeled and cubed  
(Dutch creams)

2 garlic cloves, finely chopped

$\frac{2}{3}$  cup olive oil

$\frac{1}{2}$  tsp. lemon juice

1 egg yolk

2 tbsps. white wine vinegar

### HOW TO MAKE IT:



1 Place potato in a saucepan and cover in cold water. Bring to the boil over a high heat. Cook until soft, then drain and cool.



2 Put cooled potato into a blender, add garlic and blend until smooth.



3 In a jug, beat together the oil, lemon juice, egg yolk and vinegar until combined.

4 Slowly add the oil mixture to the potato mix and blend until well combined.

5 Put in an airtight container and refrigerate overnight. Serve with veggie sticks and crackers.

★ I'M A TUBER!  
I GROW UNDERGROUND ON THE  
ROOT OF THE POTATO PLANT.



## Potato and onion soup

### WHAT YOU NEED:

- 1 tbsp. olive oil
- 1 brown onion, finely chopped
- 2 sticks celery, finely sliced
- 2 garlic cloves, finely chopped
- 4 cups salt-reduced vegetable stock
- 2 large potatoes, peeled and cubed
- ½ cup natural or Greek yoghurt
- 2 tbsps. Chives, finely chopped

### HOW TO MAKE IT:



- 1 On a stove top, heat the oil in a large saucepan over a medium heat. Add the onion, celery and garlic. Cook until the onion is soft.



- 2 Add the stock and bring to the boil.



- 3 Add the potato, bring to the boil again and then reduce heat and simmer for 15 mins until potato is soft.



- 4 Remove from heat and cool before blending.



- 5 Stir in yoghurt and chives, warm through and then serve.

## Potato gnocchi



Total preparation and cooking time: 45 minutes



Serves: 4



Dough can be frozen

### WHAT YOU NEED:

- 2 large potatoes, peeled and chopped into cubes
- 1 egg
- 2 cups plain flour, plus extra for rolling out
- ½ cup parmesan cheese, finely grated – optional

### HOW TO MAKE IT:

- 1 Add water to a saucepan, 3cm deep. Bring to the boil. Place potato in a metal steaming basket and place steamer in saucepan. Steam, covered, for 15 mins or until tender.
- 2 Transfer to a bowl and use a potato masher to mash until smooth.
- 3 Add the egg and stir with a wooden spoon until combined.
- 4 Add half the flour and parmesan and stir until combined. Slowly add the remaining flour until well combined and dough becomes firm.
- 5 Place dough onto a lightly floured surface and knead until smooth. Line a baking tray with non-stick baking paper. Divide dough into 4 equal portions. Roll 1 portion into a 2cm-diameter log about 30cm long. Cut into 2cm pieces. Repeat with remaining dough portions.
- 6 Roll each piece of dough into a ball, then gently press flat with a fork. Place on tray.
- 7 Bring a saucepan of salted water to the boil over medium heat. Add a quarter of the gnocchi and cook for 3 mins or until they rise to the surface. Use a slotted spoon to drain and transfer to a bowl. Cover with foil to keep warm. Repeat, in 3 more batches, with the remaining gnocchi.



Serve with sauce of your choice!