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POTATOES

The eating habits of most nations place a great deal of importance on a category of foods we call starches. In fact, for a large portion of the world's peoples, starch is the mainstay of the diet and supplies most of the day's calories. In North America and Europe, the most important starches are potatoes, rice, pasta, and bread. It is true we do not depend on these high-carbohydrate foods as much as many of the world's people, who eat far less meat than we do. Nevertheless, even as diet fashions and fads come and go, starches appear at nearly all our meals.

Because we eat them often and have devised a great many ways of preparing them, starchy foods require extra study beyond that which we give other vegetables. In this chapter, we turn our attention primarily to the preparation of our most important vegetable, the potato. Grains and other starches are discussed in Chapter 14.

AFTER READING THIS CHAPTER, YOU SHOULD BE ABLE TO

1. Identify the types of potatoes and their quality factors.
2. Cook potatoes by boiling and steaming, baking, sautéing, pan-frying, and deep-frying.



UNDERSTANDING POTATOES

In classical cuisine, the potato is one of the most important of all foods. To many of us today, potatoes are considered an ordinary and humble food. Escoffier, however, treated the potato with great respect. His *Guide Culinaire* lists more than 50 potato preparations, far more than for any other vegetable or starch.

Considering how important the potato is in the cuisines of Europe and North America, it is surprising to think this vegetable wasn't widely used until the last half of the eighteenth century. Although the potato had been brought to Europe from the New World a few hundred years earlier, it wasn't until then that an army pharmacist named Antoine-Auguste Parmentier began promoting its use. To this day, many classical recipes featuring the potato are called *Parmentier* (par mawn tyay).

Botanically, the potato is a tuber, which is an enlarged underground stem with buds (or eyes) that become new shoots. Traditional main courses in Western cooking feature a protein item, one or more vegetables, and a starch. The potato is, of course, a vegetable, but because of its high starch content it usually serves the same function on the menu as grains and other starchy foods.

Potatoes are traditionally classified as either starchy, low-moisture varieties or as waxy, high-moisture varieties. The following section summarizes the main characteristics of these two categories as well as traditional uses for each. Today, many potato varieties are available that were largely unknown not long ago. As always, chefs love to experiment with new foods and to find new uses for them. For example, they don't feel limited to russets for baking. So, after reading about the two main categories of potatoes below, continue to the next section for an introduction to some of the many varieties available today.

TYPES

Potatoes are classified according to their starch content. The amount of starch determines the use for which they are usually considered most suitable. Keep in mind that these categories are only general. Within each group is a range of starch and moisture content. For example, different varieties of **waxy potatoes** have different moisture content, depending not only on the variety of potato but also on the growing and storage conditions.

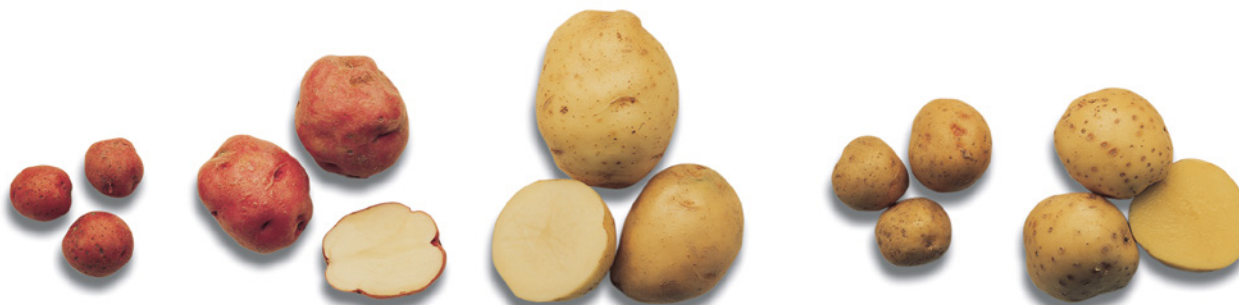
1. Waxy potatoes.

High moisture content, high sugar content, low starch content.

Usually small and round in shape, but some varieties can be large, and some may be elongated. Flesh is white, yellow, or even blue or purple. Skin is white, red, yellow, or blue.

Hold shape well when cooked. Firm, moist texture. Use for boiling whole, for salads, soups, hash browns, and any preparation where the potato must hold its shape.

Do not use for deep-frying. High sugar content will cause dark streaks and poor texture.



Waxy potatoes, left to right: small and large red-skinned potatoes, white potatoes, large and small yellow potatoes.

2. Mature or starchy potatoes.

High starch content, low moisture and sugar. Light, dry, and mealy when cooked.

- **Russets** or Idahos.

Long, regularly shaped potatoes with slightly rough skin.

Ideal choice for the traditional baked potato. Best potato for French fries because the high starch content produces an even, golden color and good texture. Also, the regular shape means little trimming loss.

May be mashed, but is generally too expensive for that purpose.

Sizes are indicated by count per 50-pound carton. For example, 100s average 8 ounces each.

- **All-purpose potatoes** (sometimes called *chef potatoes*).

Not as dry and starchy as russets.

Irregularly shaped. Less expensive than russets.

Suitable for most purposes, but not usually used for baking because of irregular shape.

Especially useful for puréeing or mashing, or any preparation in which the shape of the whole potato is not important.

Note: Very knobby potatoes are wasteful when pared in a mechanical peeler.

VARIETIES

For most of us, selecting the right potato for a particular preparation means selecting from among russets, all-purpose potatoes, and red- or white-skinned boiling potatoes, as these are often the only types found in the kitchen. For basic potato cookery, then, the information in the preceding section tells us what we need to know. Today's chefs, however, can use more information in order to take advantage of the many varieties of potato available today, as growers discover new varieties and rediscover heirloom potato varieties. The following are some of the many potatoes available.

First, the term **new potato** needs explanation. Not all small potatoes are new potatoes, and not all new potatoes are small. Normally, potatoes are not harvested until the green, bushy tops turn brown and die back. At this point, the potatoes are mature. Their skin has thickened, and their starch content has developed. Any potato harvested before it is mature, while leaves and stems are still green, is a new potato. Because new potatoes have not matured, they have a lower starch content and tender, thin skin. Although most new potatoes are small, usually less than 1½ inches (4 cm) in diameter, this is not always the case.

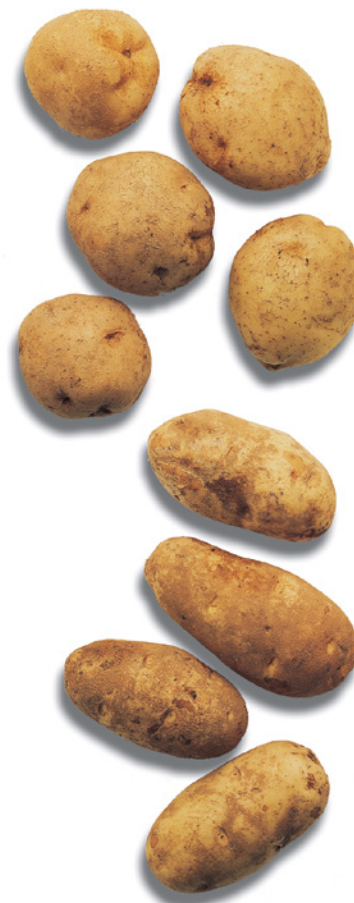
New potatoes are shipped and sold as soon as they are harvested. By contrast, potatoes that are harvested mature are held at a controlled temperature and humidity for about two weeks in order to toughen their skins further and heal cuts and other damage. This curing process gives the potatoes greater keeping quality.

Russets, often called *Idaho potatoes* because so many russets are grown in that state, are high-starch potatoes with a regular, elongated shape, brown or reddish-brown, rough skin, and white flesh. These are the standard choice for baking and deep-frying.

All-purpose potatoes are also white-fleshed potatoes. They have a moderate starch content and moderate moisture, making them suitable for many kinds of preparations, indicated in the previous section. White-fleshed potatoes may also be harvested young, when they have more moisture, less starch, and a thin skin. Young white potatoes are used mostly for boiling.

Yellow-fleshed potatoes include many varieties. *Yukon Gold* is a round, medium-size potato that ranges from waxy to somewhat starchy, depending on age and growing conditions. They are used for many purposes, including baking. *Yellow Finn* is also used for baking; it has a smooth, creamy texture when baked, unlike the grainy, starchy texture of baked russets. Other yellow potatoes include *Bintje* (waxy), *Butte* (fairly starchy), *Concord* (waxy), *Charlotte* (waxy), and *Island Sunshine* (medium starch).

Red-skinned varieties may have white, pink, or yellow flesh. Most of them are of the waxy type. *Red Bliss* has long been one of the most popular waxy potatoes. Other red-skinned potatoes include *All-Red* (pink flesh), *Early Ohio* (white flesh), *Early Rose* (white flesh), and *Rose Gold* (yellow flesh).



Starchy potatoes: all-purpose or chef potatoes (top), and russet potatoes (bottom).

Blue-skinned, white-fleshed varieties are similar to red-skinned varieties, except their skins range in color from dark reddish blue to purple. When cooked, the skins may keep their color or turn brown, grayish, or another color, depending on the variety. Several varieties are grown, including *Blue Pride*, *Caribe*, and *Kerry Blue*.

Blue- or purple-fleshed varieties are the novelty item among potatoes. They may be waxy or somewhat starchy, depending on the variety. The two most common purple-fleshed potatoes are *Peruvian Blue*, also called *Purple Peruvian*, with dark violet flesh that lightens somewhat when cooked, and *All-Blue*, with purple or reddish purple flesh that becomes lavender when cooked.

Fingerling potatoes are small potatoes, usually firm and waxy, with a long, narrow shape. Most popular fingerlings are yellow-skinned and yellow-fleshed, but red-skinned, yellow-fleshed fingerlings, red-skinned, pink-fleshed fingerlings, and purple fingerlings are also grown. Among the available varieties are *Austrian Crescent* (yellow), *French Fingerling* (red skin, yellow flesh), *Russian Banana* (yellow), *La Ratte* (yellow), *Ruby Crescent* (pinkish yellow skin, yellow flesh), and *Red Thumb* (red skin, pink flesh).

Each of these varieties has a slightly different flavor, texture, and cooking characteristics. Experiment with any variety you find available and adapt it to the most appropriate preparations.

CHECKING FOR QUALITY

Look for these signs of high-quality potatoes:

1. Firm and smooth, not soft or shriveled.
2. Dry skin.
3. Shallow eyes.
4. No sprouts. Sprouting potatoes are high in sugar.
5. No green color. Green areas develop on potatoes stored in light. These areas contain a substance called **solanine**, which has a bitter taste and is poisonous in large quantities. All green parts should be cut off before cooking.
6. Absence of cracks, blemishes, and rotten spots.

STORING AND HANDLING

Keep potatoes in a cool, dry, dark place, ideally at 55°–60°F (13°–16°C). If they will be used quickly, you may keep them at room temperature.

Do not refrigerate. Temperatures below 45°F (7°C) convert potato starch to sugar. Refrigerated potatoes must be stored at 50°F (10°C) for two weeks to change the sugar back to starch.

New potatoes do not keep well. Purchase only one week's supply at a time.

Potatoes begin to turn brown as soon as they are peeled. To prevent browning, place peeled potatoes in cold water immediately. Potatoes may be peeled in advance and stored a short time under water, although some nutrients will be lost.

Remove all green parts when peeling potatoes (see "Checking for Quality" above).

MARKET FORMS

The demands of time and labor have made processed potato products widely used, and many forms are available. Many of these products are very good, and there is no doubt they save time. However, for best quality, there is no substitute for fresh potatoes, *if they are well prepared*.

1. **Fresh, unprocessed.**
2. **Peeled and treated to prevent browning.**
Keep refrigerated (below 40°F/4°C) for five to seven days.
3. **Canned whole, cooked.**
4. **French fries, blanched in deep fat and frozen.**
Available in a wide variety of sizes and cuts. Cook from the frozen state. Refrigerated French fries are also available.

5. Other frozen, prepared products.

Available as hash browns, puffs, stuffed baked, and croquettes; in casseroles with a variety of sauces.

6. Dehydrated.

Granules or flakes for mashed potatoes to be reconstituted with hot water or milk and butter or other desired flavorings.

Other products: many varieties and preparations. May need soaking in water before cooking.

**KEY POINTS TO REVIEW**

- What are the differences between waxy and starchy potatoes?
Give examples of each, and indicate what kinds of preparation each is appropriate for.
- How do you check potatoes for quality?
- How should potatoes be stored?

COOKING POTATOES

Some potato recipes are simple, but many are complex and use a combination of cooking methods. For example, to make potato croquettes, you must first boil or steam the potatoes, purée them and combine the purée with other ingredients, shape them, bread them, and, finally, deep-fry them.

Cooking methods are essentially the same as the methods for vegetables discussed in the previous chapter. If necessary, review these methods before proceeding with the following recipes.

BOILING AND STEAMING POTATOES

These methods for cooking potatoes are given in the first recipe in this section. Boiled or steamed potatoes are served as is and are also the basis for many other preparations.

Potatoes are peeled or left unpeeled for boiling and steaming. For most purposes, they are peeled. Peel thoroughly with a swivel peeler and remove all eyes. Place peeled potatoes immediately in a container of cold water to prevent browning.

If potatoes are cooked with the skins on and peeled after cooking, it is best to peel while they are still hot because the skins pull off more easily. New potatoes are usually cooked and served with the skins on. Fingerling potatoes are peeled after cooking if the skins are tough, or they may be served with the skins on if tender.

Three additional points should be noted:

1. Boiled potatoes are generally started in cold water rather than hot. This allows for more even cooking and heat penetration from outside to inside during the relatively long cooking time required.
2. Potatoes are never cooled in cold water, unlike most vegetables. This would make them soggy.
3. Boiled potatoes are generally cooked in unsalted water (see sidebar).

STARCHY VEGETABLES AND SALT

Many references advise that potatoes and other starchy vegetables should be cooked without salt because the salt makes the vegetables firmer and thus delays cooking. Food scientists, however, say that the cooking water for starchy vegetables should not be salted for exactly the opposite reason. As explained in the Salted Water sidebar on page 312, salt speeds the softening of plant cell walls because the sodium of salt replaces calcium in the plant fiber. Calcium helps to hold the plant fiber intact, and replacing it with sodium makes the fiber break down more quickly. Thus, when potatoes are cooked in salted water, the exterior portions can break down and begin to fall apart in the cooking water before the interior is cooked to doneness.

Potatoes may be cooked with salt when it would be difficult or impossible to season the dish after cooking. In the case of dishes like Hungarian Potatoes (p. 357), for example, mixing in salt after cooking would break up the potatoes. Gratin Dauphinoise (p. 364) must not be stirred after cooking and so is salted before cooking. Also, in preparations like roasted potatoes (p. 362), a salty crust on the potatoes may be desirable, so salting before cooking can be done.





Boiled Potatoes (Pommes Naturees)

PORTIONS: 10 PORTION SIZE: 5 OZ (150 G)

U.S.	METRIC	INGREDIENTS
4 lb	4.5 kg	Potatoes

PROCEDURE

1. Peel and eye potatoes. Be sure all traces of dark peel are removed.
2. Cut potatoes into 10 uniform portions, 1 or 2 pieces per portion. Trim pieces to shape (see *Note*). Save the trimmings for other use.
3. Place in a pot and cover with water. Bring to boil, lower heat, and simmer until tender.
4. Drain and let the potatoes steam dry in the colander for a minute. Alternatively, spread on a sheet pan and dry in a warm oven just until they stop steaming.
5. Serve immediately or place in a hotel pan, cover with a clean, damp towel, and hold for service.

Per serving: Calories, 140; Protein, 3 g; Fat, 0 g (0% cal.); Cholesterol, 0 mg; Carbohydrates, 32 g; Fiber, 3 g; Sodium, 10 mg.**Note:** Potatoes may be cut, shaped, or trimmed as desired. They may be left in neat but irregular shapes, trimmed or tournéed into large, medium, or small sizes (Fig. 7.21), or cut with a ball scoop (Fig. 7.20) for parisienne boiled potatoes. Allow for greater trimming loss if preparing tournéed or parisienne potatoes.

VARIATIONS

Steamed Potatoes (Pommes Vapeurs)

Prepare as in basic recipe, but steam in perforated pan instead of boiling.

Parsley Potatoes

Prepare as in basic recipe. Brush or pour 1½ oz (45 mL) melted butter onto the potatoes and sprinkle with chopped parsley.

New Potatoes

Prepare as in basic recipe, using small new potatoes. Scrub well, but do not peel. Serve 1–3 per portion, depending on size. Optional: Peel a narrow band around each potato before cooking to prevent skin from splitting.

Creamed Potatoes

Prepare new potatoes or all-purpose potatoes as in basic recipe. Cut or slice to desired size, or leave small new potatoes whole. Combine with 1½ pt (600 mL) hot cream sauce. Heat over low heat, but do not boil, and hold for service.

Herb and Garlic Sous Vide Potatoes

YIELD: VARIABLE (SEE NOTE)

U.S.	METRIC	INGREDIENTS
2 fl oz	60 mL	Olive oil
1 tsp	5 mL	Garlic, finely chopped
½ tsp	2 mL	Fresh thyme, chopped
¼ tsp	1 mL	Fresh rosemary, finely chopped
½ tsp	2 mL	Salt
1 lb	480 g	Waxy potatoes (such as red or Yukon gold)
to taste	to taste	Pepper
1 tbsp	15 mL	Parsley, chopped

PROCEDURE

1. Combine the olive oil, garlic, thyme, rosemary, and salt in a small saucepan. Heat over low heat for 8–10 minutes.
2. Remove from heat and let stand 30 minutes.
3. Peel the potatoes and cut into desired uniform shapes, such as small parisienne or medium dice. For potato rods, cut out with a ½-in. (12-mm) brass rod.
4. Strain the oil and toss with the potatoes.
5. Place the potatoes, with the oil, in vacuum bags. Vacuum on high and seal.
6. Cook in an immersion circulator heated to 185°F (85°C) 30–35 minutes, until the potatoes are tender.
7. Remove from the bags and season with pepper and chopped parsley. Handle carefully, especially potato rods, to avoid breaking.

Per 1 ounce (28.35 g): Calories, 100; Protein, 1 g; Fat, 7 g (63% cal.); Cholesterol, 0 mg; Carbohydrates, 9 g; Fiber, 1 g; Sodium, 160 mg.**Note:** Yield varies, depending on trim yield and how the potatoes are cut. 1 lb (450 g) AP potatoes can yield 8 to 12 oz finished product. Save trimmings for purées or other uses.

Hungarian Potatoes

PORTIONS: 12 PORTION SIZE: 4 OZ (125 G)

U. S.	METRIC	INGREDIENTS
2 oz	60 g	Butter
4 oz	125 g	Onion, chopped
1 tsp	5 mL	Paprika
8 oz	250 g	Tomatoes, peeled, seeded, diced
2½ lb	1.25 kg	Potatoes, waxy or all-purpose, peeled and cut into thick slices
1 pt (approximately)	500 mL (approximately)	Chicken or beef stock, hot
to taste	to taste	Salt
to taste	to taste	Pepper
¼ cup	60 mL	Chopped parsley

PROCEDURE

1. Heat the butter in a large saucepan and add the onion and paprika. Cook until onion is soft, but do not brown.
2. Add the tomatoes and potatoes. Pour in enough stock to just barely cover the potatoes. Add a small amount of salt (about 1 tsp/5 mL), but undersalt because liquid will reduce.
3. Simmer until potatoes are cooked and liquid is mostly evaporated or absorbed. Stir gently from time to time.
4. Season to taste.
5. Garnish with chopped parsley at service time.

Per serving: Calories, 110; Protein, 2 g; Fat, 4 g (31% cal.); Cholesterol, 10 mg; Carbohydrates, 18 g; Fiber, 2 g; Sodium, 45 mg.

VARIATION

Bouillon Potatoes

Prepare as in basic recipe, but omit paprika and tomatoes. Slice onion instead of chopping it, and sauté 3 oz (90 g) carrot, cut julienne, with the onion. Trim the potatoes into portion-size pieces instead of slicing them.



Hungarian Potatoes

Colcannon

PORTIONS: 16 PORTION SIZE: 5 OZ (150 G)

U. S.	METRIC	INGREDIENTS
4 lb	1.8 kg	Potatoes
2 lb	900 g	Cabbage
6 oz	175 g	Leeks or scallions
4 oz	125 g	Butter
6 oz	175 mL	Milk or cream, hot
2 tbsps	30 mL	Chopped parsley (optional)
to taste	to taste	Salt
to taste	to taste	White pepper
as needed	as needed	Additional hot milk or cream

PROCEDURE

1. Peel and eye the potatoes. Cut them into uniform sizes. Simmer in water until tender.
2. While the potatoes are cooking, trim the cabbage and cut it into wedges. Steam until tender.
3. Cut the leeks or scallions into ¼-in. (6-mm) slices. Cook the leeks or scallions very slowly in a little of the butter until tender.
4. Mash the potatoes and add the leeks or scallions and the rest of the butter. Mix in the milk or cream and the parsley.
5. Chop the cabbage fine and stir it into the potatoes until well mixed. Season with salt and white pepper.
6. If the mixture seems dry, mix in additional milk or cream to bring to a smooth, moist consistency.

Per serving: Calories, 160; Protein, 3 g; Fat, 6 g (33% cal.); Cholesterol, 15 mg; Carbohydrates, 24 g; Fiber, 3 g; Sodium, 75 mg.

COLCANNON

Colcannon is a traditional Irish dish of mashed potatoes mixed with cabbage or kale. It can also contain other ingredients such as leeks, onions, or chives. It is often eaten in autumn or winter, traditionally with boiled ham or other cured pork product.

Colcannon



POTATO PURÉE

Potato purée is an important product in most kitchens, even though it is not served as is. It is the basis of many popular preparations, including mashed or whipped potatoes, **duchesse potatoes**, and potato croquettes. (Please note that this usage of the term is different from classic European usage, where *purée de pommes de terre* indicates mashed or whipped potatoes.)

Starchy potatoes are usually used for purées. The flesh of starchy potatoes breaks apart easily and can absorb large quantities of butter, milk, and other enriching ingredients. Moderately waxy potatoes can also be puréed. The flesh doesn't break apart as easily, however, so they are harder to purée. Also, they don't absorb as much fat or liquid.

Avoid excessive mixing of potato purée. Too much whipping or mixing damages cell walls, releasing excess starch that makes the purée gluey in texture.

Following is the basic procedure for making potato purées.

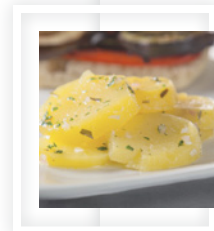
PROCEDURE for Making Potato Purée



1. Select starchy or moderately waxy potatoes.
2. Wash, peel, and eye carefully.
3. Cut into uniform sizes for even cooking.
4. Simmer or steam until tender. Potatoes for purée must be thoroughly cooked, or the purée will be grainy, but they must not be overcooked, or it will be watery.
5. Drain in a colander (if simmered). Set the colander on a sheet pan and place in an oven for several minutes to dry out the potatoes. If potatoes are too moist, they will be too loose or slack when liquid is added later.
6. While the potatoes are still hot, pass them through a food mill or ricer to purée. A mixer with the paddle attachment may be used to break up the potatoes for whipped potatoes, but there is no guarantee it will remove all lumps.

Equipment used for puréeing should not be cold, or it will cool the potatoes too much. Heat equipment under hot water before use.

7. Add ingredients to the purée as indicated in the individual recipe. Avoid excessive mixing in order to prevent glueyness.



KEY POINTS TO REVIEW

- What guidelines should be observed when boiling potatoes?
- What are the steps in the basic procedure for making potato purée?
- What are the ingredients in duchesse potatoes?



Mashed or Whipped Potatoes

PORTIONS: 12 PORTION SIZE: 5 OZ (150 G)

U. S.	METRIC	INGREDIENTS
4½ lb	2 kg	Potatoes
3 oz	90 g	Butter
½ cup	125 mL	Light cream, hot
as needed	as needed	Milk, hot
to taste	to taste	Salt
to taste	to taste	White pepper

PROCEDURE

1. Peel and eye the potatoes and cut them into uniform sizes. Simmer in water to cover until tender.
2. Drain well and let the potatoes steam dry for a few minutes.
3. Pass the potatoes through a food mill or ricer into the bowl of a mixer. *Alternative method:* Place potatoes in mixer with paddle attachment. Mix until well broken up. Replace paddle with whip and beat until well puréed. Do not overwhip, or potatoes will become pasty.
4. Beat in butter, then cream.
5. Add enough hot milk to bring potatoes to proper consistency. They should be soft and moist, but firm enough to hold their shape, not runny.
6. Add salt and white pepper to taste.
7. If desired, whip briefly at high speed until potatoes are light and fluffy. Do not overwhip.

Per serving: Calories, 190; Protein, 3 g; Fat, 8 g (36% cal.); Cholesterol, 20 mg; Carbohydrates, 29 g; Fiber, 3g; Sodium, 65 mg.

VARIATIONS

Garlic Mashed Potatoes

Method 1: Simmer 3–4 whole, peeled cloves of garlic with the potatoes. Purée the garlic and the potatoes together.

Method 2: Purée 1 head roasted garlic (p. 340) and mix into the potatoes before adding cream.

Ancho Mashed Potatoes

Add Ancho Sauce (p. 213) to taste to whipped potatoes before adding milk. Reduce the quantity of milk as necessary to achieve the proper consistency.



Duchesse Potatoes

PORTIONS: 12 PORTION SIZE: 4 OZ (100 G)

U. S.	METRIC	INGREDIENTS
3½ lb	1.5 kg	Potatoes, peeled and quartered
2 oz	50 g	Butter, melted
to taste	to taste	Salt
to taste	to taste	White pepper
to taste	to taste	Nutmeg
5	5	Egg yolks

PROCEDURE

1. Steam the potatoes or simmer them in water until tender. Drain in a colander and let dry in an oven several minutes.
2. Pass the potatoes through a food mill or ricer.
3. Add butter and mix to a smooth paste. Season to taste with salt, pepper, and just a little nutmeg (the potatoes should not taste strongly of nutmeg).
4. If the potatoes are very moist, stir over a low flame to stiffen. They must be much stiffer than mashed potatoes.
5. Add the egg yolks (off the fire) and beat until smooth.
6. Put the mixture in a pastry bag with a star tube and bag out into desired shapes on sheet pans or as platter borders (Fig. 13.1 on p. 360). Cone-shaped spiral mounds are most popular for individual portion service.
7. If desired, brush lightly with egg wash for greater browning.
8. At service time, place potatoes in hot oven (400°–425°F/200°–230°C) until lightly browned. Platter borders may be browned under the salamander.

as needed as needed Egg wash (optional)

Per serving: Calories, 150; Protein, 3 g; Fat, 6 g (34% cal.); Cholesterol, 95 mg; Carbohydrates, 23 g; Fiber, 2 g; Sodium, 45 mg.

VARIATION

Duchesse potato mixture is also used as the base for Potato Croquettes (p. 368). It is considered one of the basic hot kitchen preparations.

FIGURE 13.1 Using the pastry bag: duchesse potatoes.

(a) Turn down the top of the pastry bag as shown. Slip your hand under this collar and hold the top open with your thumb and forefinger while you fill it with duchesse potato mixture.



(b) Turn the top of the bag up again and gather the loose top together as shown. Hold the bag shut with your thumb and forefinger. To force out the potatoes, squeeze the top of the bag in the palm of your hand. Use your free hand to guide the tip or hold the item being filled or decorated. You can make potato croquettes quickly by forcing out the potato mixture in long strips, using a large plain tube. Cut the strips into 2-in. (5-cm) lengths with a knife.



(c) Duchesse potatoes are often used to decorate platters, as in this illustration. This technique is also used in decorating cakes and desserts with icing, whipped cream, or meringue.



(d) Single portions of duchesse potatoes are usually piped out into a tall spiral shape. They are then browned in the oven.



(e) Dauphine and Lorette potatoes may be bagged out into many shapes, such as these small stars. Some cookies are also shaped this way.

ADDITIONAL RECIPES

These additional recipes may be found on your CulinarE-Companion recipe management program:

Potato and Eggplant Stew with Cilantro **Pressed Potatoes**

BAKING

Preparing baked potatoes is a simple procedure that is widely misunderstood and therefore needlessly complicated. Properly baked potatoes are white, fluffy, mealy, and steamy, and they have a dry skin that crackles slightly when pressed. Poorly baked potatoes, unfortunately common, are gray and soggy and have a damp, soft skin.

Russet potatoes are most often used for baked potatoes. However, many varieties are now available, some of which are excellent for baking and yield different flavors and textures. Don't be afraid to experiment with some of the varieties in listed on pages 353–354.

PROCEDURE for Baking Potatoes

1. For standard baked potatoes, select russets or other regularly shaped starchy potatoes.
2. Scrub well and pierce the ends with a fork or skewer so steam can escape.
3. For crisp skins, rub lightly with oil. For more tender skins, leave dry.
4. Place on sheet pans or on sheet pan racks in a preheated 400°F (200°C) oven and bake until done, about 1 hour. To test doneness, squeeze gently. Done potatoes yield to gentle pressure.

Note: Using sheet pan racks eliminates the hard spot that forms where the potato is in contact with the sheet pan.

5. Remove from oven.
6. To hold for service, keep warm and uncovered so the potatoes will not be made soggy by trapped steam. Hold no more than 1 hour, if possible, though they will keep longer with some loss of quality.

Note that nothing was said about wrapping potatoes in foil. Foil-wrapped potatoes do not bake but rather steam in their own moisture. The texture of a steamed potato is entirely different from that of a baked potato. Save yourself the trouble and expense of wrapping in foil and serve a better product.

Baked Potatoes

PORTION SIZE: 1 POTATO

U.S.	METRIC	INGREDIENTS
as needed	as needed	Idaho or baking potatoes
as needed	as needed	Vegetable oil (optional)

PROCEDURE

1. Scrub the potatoes well and pierce the ends with a skewer or fork to allow steam to escape.
2. Lightly oil the potatoes if a crisp skin is desired. Leave them dry for a somewhat softer skin.
3. Place on sheet pan in 400°F (200°C) oven. Bake until done, about 1 hour. Test for doneness by squeezing a potato gently.

Per serving: Calories, 130; Protein, 3 g; Fat, 0 g (0% cal.); Cholesterol, 0 mg; Carbohydrates, 31 g; Fiber, 3 g; Sodium, 10 mg.

Stuffed Baked Potatoes

PORTIONS: 10 PORTION SIZE: 1 POTATO

U.S.	METRIC	INGREDIENTS
10	10	Baking potatoes, 7–8 oz (200–225 g) each
2 oz	60 g	Butter, melted
4 oz	100 mL	Light cream or milk, hot
to taste	to taste	Salt
to taste	to taste	White pepper

3 tbsp	45 mL	Dry bread crumbs
1 oz	30 g	Butter, melted
3 tbsp	45 mL	Parmesan cheese, grated

PROCEDURE

1. Bake the potatoes according to the basic method.
2. Remove from the oven. Cut a slice off the top of each potato and scoop out the pulp, leaving a shell about ¼-in. (½-cm) thick.
3. Pass the pulp through a food mill or ricer. Beat in the butter and enough cream or milk to make a smooth purée. Season to taste. (Note that this preparation is basically the same as whipped potatoes.)
4. Fill the potato shells with the purée, using a pastry bag or kitchen spoon. (A pastry bag is faster and neater.) Place them on a baking sheet.
5. Mix the bread crumbs and melted butter until all the crumbs are moistened. Then mix in the parmesan cheese and top the potatoes with this mixture.
6. Place in hot oven (400°F/200°C) until potatoes are heated through and tops are browned, about 15 minutes.

Per serving: Calories, 270; Protein, 5 g; Fat, 10 g (32% cal.); Cholesterol, 30 mg; Carbohydrates, 42 g; Fiber, 4 g; Sodium, 140 mg.

VARIATIONS

For each variation listed, add the indicated ingredients to the potato purée mixture. Proportions are for 2½–3 lb (1.1–1.4 kg) purée.

1. 2 oz (60 g) grated parmesan cheese
2. 8 oz (225 g) minced onion, sautéed in butter
3. 4 oz (100 g) cooked ham, small dice
4 oz (100 g) mushrooms, chopped and sautéed in butter
4. 8 oz (225 g) bacon, diced and cooked crisp
1 green pepper, chopped and sautéed in butter or bacon fat

Macaire Potatoes

Scoop out the pulp completely and discard the skins. Mash the pulp with a kitchen fork or break it up with the paddle of a mixer. Omit the melted butter and cream or milk. Instead, mix in 7 oz (200 g) soft butter. Season. Form into small cakes and pan-fry in clarified butter until golden brown on both sides.

Oven-Roasted Potatoes

PORTIONS: 12 PORTION SIZE: 4 OZ (125 G)

U.S.	METRIC	INGREDIENTS
5 lb AP	2.25 kg AP	Potatoes
as needed	as needed	Vegetable oil or olive oil
to taste	to taste	Salt
to taste	to taste	White pepper

PROCEDURE

1. Peel and eye potatoes. Cut into 25 uniform portions and trim pieces to shape. Save the trimmings for other use.
2. Dry the potatoes well and rub with oil. Place in oiled baking pan and season with salt and pepper.
3. Place in 400°F (200°C) oven and bake until browned and cooked through, about 1 hour. Halfway through baking time, turn potatoes and brush with additional oil.

Per serving: Calories, 160; Protein, 3 g; Fat, 2.5 g (14% cal.); Cholesterol, 0 mg; Carbohydrates, 32 g; Fiber, 3 g; Sodium, 10 mg.

PROCEDURE VARIATION: COMBI OVEN

After step 2 in the procedure:

3. Place in combi oven at 240°F (115°C) in steam mode and steam until cooked mostly through, about 10 minutes, depending on size.
4. Raise temperature to 375°F (190°C) and continue to cook in combi mode for 25 minutes. Halfway through baking time, turn the potatoes and brush with additional oil.

Olive Oil and Garlic Confit Red Potatoes

YIELD: 2 LB (960 G)

U. S.	METRIC	INGREDIENTS	PROCEDURE
8 fl oz	240 mL	Olive oil	<ol style="list-style-type: none"> 1. Combine olive oil, garlic, and herbs in a small saucepan. Heat gently over low heat for 15 minutes to infuse the garlic and herb flavors into the oil. 2. Put the potatoes in a small baking pan or sauté pan. Pour the oil over the potatoes. The oil should come about halfway up the potatoes. 3. Cover the pan and bake in an oven at 275°F (135°C) until the potatoes are tender. Turn the potatoes frequently as they bake. Total baking time is about 30–40 minutes. 4. Drain the oil from the potatoes and reserve for another use (such as browning or reheating potatoes for service). 5. Season the potatoes to taste with salt and pepper.
4	4	Garlic cloves, crushed	
3–4 sprigs	3–4 sprigs	Fresh thyme	
1 sprig	1 sprig	Fresh rosemary	
2 lb	960 g	Red potatoes, small, sliced ¼ in. (6 mm) thick (see Note)	
to taste	to taste	Salt	
to taste	to taste	Pepper	

Per 1 ounce (28.35 g): Calories, 35; Protein, <1 g; Fat, 1.5 g (39% cal.); Cholesterol, 0 mg; Carbohydrates, 5 g; Fiber, <1 g; Sodium, 5 mg.

Note: If desired, cut potatoes into medium dice instead of slices.

BAKED “EN CASSEROLE”

A number of preparations call for potatoes baked in a baking pan or casserole, with or without liquid added. The best known is scalloped potatoes. A characteristic of most of these preparations is that they are baked uncovered at least part of the time so a brown crust forms on top. (Note that two versions of Gratin Dauphinoise are included here. The first is a modern version, while the second is a more traditional version.)

Scalloped Potatoes

PORTIONS: 12 PORTION SIZE: 5 OZ (150 G)

U. S.	METRIC	INGREDIENTS	PROCEDURE
2½ pt	1.25 L	Milk	<ol style="list-style-type: none"> 1. Make a thin white sauce (béchamel) using the ingredients listed (p. 187). Keep hot while preparing the potatoes. 2. Peel and eye the potatoes. Cut into slices ⅛ in. (3 mm) thick. 3. Place the potatoes in a buttered baking pan, making several layers. 4. Pour in the white sauce. Lift the potatoes slightly so the sauce can run between the layers. 5. Cover with foil or greased paper and place in oven at 350°F (175°C) for 30 minutes. 6. Uncover and continue to bake until top is lightly browned and potatoes are tender.
1½ oz	45 g	Butter	
1½ oz	45 g	Flour	
1 tsp	5 mL	Salt	
to taste	to taste	White pepper	
3 lb 12 oz	1.75 kg	Potatoes	

Per serving: Calories, 200; Protein, 6 g; Fat, 6 g (27% cal.); Cholesterol, 20 mg; Carbohydrates, 31 g; Fiber, 2 g; Sodium, 80 mg.

Note: Unthickened milk may be used instead of a thin white sauce, but the milk is more likely to curdle. The roux helps prevent curdling.

VARIATIONS

Scalloped Potatoes with Onions

Add 10 oz (300 g) sliced onions to baking pan with the potatoes.

Scalloped Potatoes with Cheese

Add 1 lb (500 g) shredded cheddar cheese to baking pan with potatoes. Top with additional cheese before browning.

Scalloped Potatoes with Ham

Add 1¼ lb (700 g) diced ham.

Gratin Dauphinoise I

PORTIONS: 12 PORTION SIZE: 4 OZ (125 G)

U.S.	METRIC	INGREDIENTS
2½ lb	1.25 kg	Firm-fleshed potatoes
1 tsp	5 mL	Salt
⅛ oz	3 g	Garlic, chopped
1 pt	500 mL	Cream
8 fl oz	250 mL	Milk
to taste	to taste	White pepper

PROCEDURE

1. Peel the potatoes and cut into thin slices (as for potato chips). Do not place the sliced potatoes in water.
2. Toss the potatoes in the salt and garlic and arrange in an even layer in a buttered half-size hotel pan or a roasting pan of equivalent size.
3. Mix the cream and milk and lightly season with pepper. Bring to a boil.
4. Pour over the potatoes, then place the pan in the oven at 400°F (200°C) for about 30 minutes, or until the potatoes are tender and the sauce is thick.

Per serving: Calories, 300; Protein, 4 g; Fat, 23 g (67% cal.); Cholesterol, 85 mg; Carbohydrates, 21 g; Fiber, 2 g; Sodium, 490 mg.



Gratin Dauphinoise

Gratin Dauphinoise II

PORTIONS: 15 PORTION SIZE: 5 OZ (150 G)

U.S.	METRIC	INGREDIENTS
3 lb	1.4 kg	Potatoes
to taste	to taste	Salt
to taste	to taste	White pepper
to taste	to taste	Nutmeg
½ lb	225 g	Gruyère cheese, grated
1 pt	500 mL	Milk
1 cup	250 mL	Heavy cream
3	3	Egg yolks

PROCEDURE

1. Peel and eye the potatoes. Cut into very thin slices.
2. Place some of the potatoes in a layer in a buttered baking pan. Season with salt, pepper, and a very small amount of nutmeg. Sprinkle with a little of the cheese. Repeat until all the potatoes and about three-fourths of the cheese are used up.
3. Combine the milk and half the cream and heat to a simmer. Beat the egg yolks with the remaining cream. Slowly stir in the hot milk mixture.
4. Pour the milk mixture over the potatoes. Top with remaining cheese.
5. Bake uncovered at 350°F (175°C) until done, 45–60 minutes.

Per serving: Calories, 220; Protein, 8 g; Fat, 13 g (53% cal.); Cholesterol, 85 mg; Carbohydrates, 18 g; Fiber, 1g; Sodium, 80 mg.

VARIATION

Savoyarde Potatoes

Prepare as above, but use chicken stock instead of milk.

Boulangère Potatoes

PORTIONS: 12 PORTION SIZE: 5 OZ (150 G)

U. S.	METRIC	INGREDIENTS
1 lb 4 oz	600 g	Onions, sliced
2½ oz	75 g	Butter or fat drippings from roast (see Note)
3 lb 12 oz	1.75 kg	Potatoes, peeled and cut into thick slices
1 pt	500 mL	Stock, chicken or lamb (if available), hot
to taste	to taste	Salt
to taste	to taste	Pepper

Per serving: Calories, 160; Protein, 3 g; Fat, 5 g (27% cal.); Cholesterol, 15 mg; Carbohydrates, 28 g; Fiber, 3 g; Sodium, 55 mg.

Note: Boulangère potatoes may be cooked separately, but they are usually cooked with a roast, especially leg of lamb (p. 496).

If the potatoes are cooked with a roast, they must be added to the pan at the right time so they will be done at the same time as the meat.

BAKER'S POTATOES

Boulangère, as you may recall, means “bread baker.” This dish originated hundreds of years ago when bakers owned the only ovens in town. After their day’s output of bread was done, their wood-fired ovens still retained some heat, and they could earn a little extra money by baking dishes for townspeople. Women brought large casseroles of lamb set atop sliced potatoes and onions, and they picked them up later in the day when the lamb was done and brought them home for the family meal.

PROCEDURE

1. Sauté the onions in butter or fat until they are translucent and just beginning to brown.
2. Add the potatoes and toss until coated with fat.
3. Place in a baking pan or in a roasting pan under a partially cooked roast. Pour in the hot stock. Season.
4. Bake 1–1½ hours at 350°F (175°C) or at the roasting temperature of lamb, until potatoes are done. Add more stock during cooking if necessary to keep potatoes from drying out.



Boulangère Potatoes

Potatoes au Gratin

PORTIONS: 12 PORTION SIZE: 6 OZ (175 G)

U. S.	METRIC	INGREDIENTS
3 lb 12 oz	1.75 kg	Potatoes
1 qt	1 L	Cheddar Cheese Sauce (p. 188), hot
½ cup	80 mL	Dry bread crumbs
1 tsp	5 mL	Paprika
1 oz	30 g	Butter, melted (optional)

PROCEDURE

1. Scrub the potatoes and simmer or steam them until tender but still firm.
2. Drain and spread on sheet pan to cool.
3. When the potatoes are cool enough to handle, peel and cut them into uniform ¾-in. (1-cm) dice.
4. Combine with the hot cheese sauce in a baking pan.
5. Mix the bread crumbs and paprika and sprinkle over the potatoes. Drizzle the butter evenly over the top.
6. Bake at 350°F (175°C) about 30 minutes, or until hot and browned.

Per serving: Calories, 190; Protein, 7 g; Fat, 6 g (29% cal.); Cholesterol, 20 mg; Carbohydrates, 26 g; Fiber, 2 g; Sodium, 150 mg.

Note: Cream sauce may be used instead of cheese sauce. Grated cheese (cheddar or parmesan) may be sprinkled over the potatoes before topping them with bread crumbs.

PROCEDURE VARIATION: COMBI OVEN

1. Scrub the potatoes, peel and cut them into uniform ¾-in. (1-cm) dice.
2. Place in a 4-inch-deep hotel pan and steam them in a combi oven in steam mode at 240°F (115°C) until tender but still firm, about 10 minutes.
3. Combine with the hot cheese sauce in the same baking pan.
5. Mix the bread crumbs and paprika and sprinkle over the potatoes. Drizzle the butter evenly over the top.
6. Bake at 375°F (190°C) in combi-mode with maximum browning (0% humidity) about 15 minutes, or until hot and browned.

ADDITIONAL RECIPES

These additional recipes may be found on your CulinarE-Companion recipe management program:

Anna Potatoes

Roasted New Potatoes with Herbs and Garlic

DEEP-FRYING

All the rules of deep-frying that you learned in Chapter 12 apply to potatoes. Review pages 345–346 to refresh your memory.

There are two kinds of deep-fried potato preparations:

1. Potatoes fried raw.

These are potatoes that are simply cut into shapes and deep-fried until golden and crisp. They include all the varieties of French fries as well as potato chips.

Russet or Idaho potatoes are most suitable for frying because of their high starch content and their regular shape, which permits less trimming loss.

2. Preparations made from cooked, puréed potatoes.

Most of these products are made from duchesse potato mixture. They include potato croquette variations, Dauphine potatoes, and Lorette potatoes.

Starchy potatoes are used for these recipes, as they are for duchesse potatoes, because they make a good dry, mealy purée.

FRENCH FRIES

Because French fries, or deep-fried potatoes, are one of the most popular items in North American food service, you must know how to prepare them well. Most French fries served are made from blanched, frozen product, but it is important to know how to make them from fresh potatoes.

The recipe on page 367 gives the complete procedure for preparing French fries. Note that they are fried in two stages. It is possible to cook them in one step, but this is impractical in a volume operation because of the long cooking time. The more common practice is to blanch them in frying fat. This is done at a lower temperature so they cook through without browning. They are then drained and refrigerated until service time. Portions can then be finished to order in a few minutes.

Frozen products have been prepared through step 5 in the recipe and then frozen. To use them, simply begin with step 6.



KEY POINTS TO REVIEW

- What are the steps in the procedure for baking potatoes?
- What are the two basic categories of sautéed or pan-fried potato preparations?
- What are the steps in the procedure for making French fries?
- What are potato croquettes? How are they made?

French Fries

PORTIONS: AS NEEDED (2¼ LB AP/1 KG AP POTATOES YIELDS ABOUT 1 LB/450 G COOKED POTATOES)

U.S.	METRIC	INGREDIENTS	PROCEDURE
as needed	as needed	Idaho potatoes	<ol style="list-style-type: none"> 1. Peel and eye the potatoes. 2. Cut the potatoes into strips $\frac{3}{8}$ in. (1 cm) square and about 3 in. (7.5 cm) long. (See Fig. 7.11 for cutting procedure.) Hold the cut potatoes in cold water until needed, to prevent discoloration. 3. Line sheet pans with several layers of brown paper and have them ready by the deep fryer. 4. Drain and dry the potatoes well. Deep-fry in fat heated to 325°F (160°C) until they are just beginning to turn a pale golden color. At this point, they should be cooked through and soft. 5. Remove the potatoes from the fryer and turn them out onto the sheet pans in a single layer to drain. Refrigerate. 6. At service time, fry the potatoes in small quantities in fat heated to 350°–375°F (175°–190°C) until brown and crisp. 7. Drain well. Salt them lightly away from the fryer, or let customers salt their own. Serve immediately.

Per 3.2 oz (90.7 g): Calories, 290; Protein, 4 g; Fat, 15 g (46% cal.); Cholesterol, 0 mg; Carbohydrates, 36 g; Fiber, 3 g; Sodium, 200 mg.

VARIATIONS

Pont-Neuf Potatoes

Prepare as in basic recipe, but cut the potatoes in thicker strips, about $\frac{1}{2}$ in. (1.25 cm) square or slightly larger. Blanching time will be slightly longer.

Allumette Potatoes (Shoestring or Matchstick Potatoes)

Cut the potatoes into thin strips, slightly less than $\frac{1}{4}$ in. thick (about 0.5 cm). Because they are so thin, they are usually fried in one step (without blanching) until very crisp.

Straw Potatoes

Cut into very thin strips, about $\frac{1}{8}$ in. (3 mm) thick. Fry in one step in hot fat (375°F/190°C).

Steakhouse Fries

Scrub but do not peel potatoes. Cut in half lengthwise, then cut each half lengthwise into 4–6 wedges, depending on size. Prepare as in basic recipe.

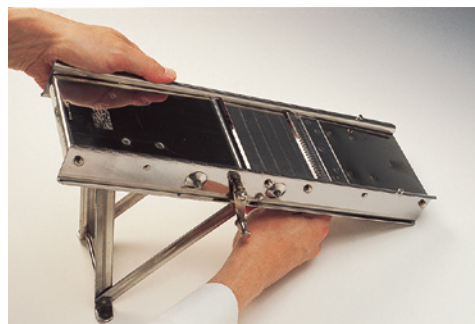
Potato Chips

Cut potatoes into very thin slices, less than $\frac{1}{8}$ in. (3 mm) thick. Fry in one step in hot fat (375°F/190°C).

Waffle or Gaufrette Potatoes

Set the fluted blade of a mandoline to cut very thin slices. Cut potatoes into round slices, turning the potato about 90 degrees between slices so you cut waffle shapes (see Fig. 13.2). Fry like potato chips.

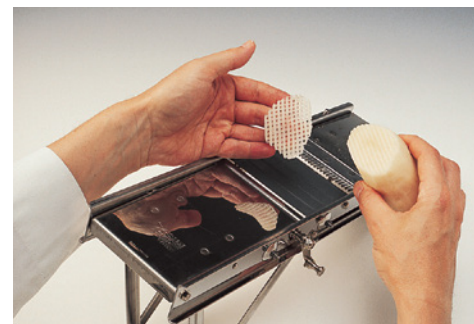
FIGURE 13.2 Gaufrette Potatoes.



(a) Set the fluted blade of the mandoline so it cuts very thin slices.



(b) Slice the potatoes, turning the potato about 90 degrees between slices so the ridges on the two sides of each slice cross each other.



(c) You may need to adjust the thickness of the cut after the first slice or two. The slices should be thin enough to have holes.

Potato Croquettes

These are made from duchesse potato mixture. The procedure for duchesse potatoes is repeated here for the sake of convenience.

PORTIONS: 10 PORTION SIZE: 3 PIECES, 1½ OZ (40 G) EACH

U. S.	METRIC	INGREDIENTS
3½ lb	1.5 kg	Potatoes, peeled and quartered
2 oz	50 g	Butter
to taste	to taste	Salt
to taste	to taste	White pepper
to taste	to taste	Nutmeg
5	5	Egg yolks

PROCEDURE

1. Steam the potatoes or simmer in salted water until tender. (Steaming is preferable because it results in a drier product.) Drain in a colander (if simmered) and let dry in an oven a few minutes.
2. Pass the potatoes through a food mill or ricer.
3. Add the butter and mix to a smooth paste. Season to taste with salt, pepper, and nutmeg.
4. Set over moderate heat and stir the mixture to dry it out well. If it is not dry enough, the croquettes will not hold their shape. *Alternative method:* Add enough cornstarch or dry potato starch to absorb excess moisture and stiffen the mixture.
5. Remove from the fire, add the egg yolks, and beat in thoroughly.
6. To shape croquettes, two methods are available: (a) Spread the mixture to cool in a pan, cover with plastic or buttered paper to keep a crust from forming, and refrigerate. Dust hands with flour and shape potatoes by hand into cylinders the shape of corks, about 2 in. (5 cm) long and about 1½ oz (40 g) each. (b) Dust sheet pans with flour. Place the warm potato mixture in a pastry bag fitted with a large, plain tip. Bag out the potatoes into long strips on the pans (Fig. 13.1). With a knife, cut the strips into 2-in. (5-cm) lengths.
7. Set up a breading station and pass the potatoes through Standard Breading Procedure (pp. 154–155).
8. At service time, fry croquettes in deep fat at 350°F (175°C) until golden brown. Drain well.
9. Serve immediately, 3 pieces per portion.

		Standard Breading Procedure:
as needed	as needed	Flour
as needed	as needed	Egg wash
as needed	as needed	Bread crumbs

Per serving: Calories, 443; Protein, 9 g; Fat, 20 g (42% cal.); Cholesterol, 155 mg; Carbohydrates, 54 g; Fiber, 3 g; Sodium, 315 mg.

VARIATIONS

Other shapes may be used as desired. Add 4 oz (110 g) of any one of the following to the potato mixture:

- Grated cheese
- Minced, sautéed onion
- Chopped, sautéed mushrooms
- Chopped ham
- Finely chopped nuts

Berly Potatoes

Shape into small balls. Bread with finely slivered almonds instead of bread crumbs. (In classical cuisine, minced truffles are added to the potato mixture.)

Dauphine Potatoes

Method 1: For each pound of duchesse or croquette potato mixture, add ½ lb (150 g) Pâte à Choux or cream puff paste (p. 1010), made without sugar and with half the amount of butter. To fry, bag out into desired shapes onto greased brown paper. Slide into hot fat. Remove paper when potatoes float loose.

Method 2: Hold pastry bag over deep fryer. Force out potato mixture and cut off short lengths with the back of a knife, letting them drop into the hot fat.



Potato Croquettes

Lorette Potatoes

Prepare like Dauphine potatoes and add 1 oz grated parmesan cheese per pound of mixture (60 g per kg). Shape as desired (the classic shape is a small crescent) and fry without breading.

SAUTÉING AND PAN-FRYING

The procedures for sautéing and pan-frying potatoes are basically the same as for other vegetables (p. 327).

There are many sautéed and pan-fried potato preparations. Some are made with raw potatoes, others with precooked or blanched potatoes. Many of these recipes are especially useful because they are excellent ways to utilize leftover boiled potatoes.

This group of recipes may be divided into two categories based on production technique.

1. Potatoes mixed or tossed while cooking.

The procedure for sautéing vegetables, page 327, is used for these preparations. The potatoes are cut into pieces or into small shapes and cooked in a small amount of fat. They are turned or tossed in the pan so they brown on all sides. This category includes rissolé, parisienne, noisette, château, and American fried or home-fried potatoes.

2. Potatoes cooked and served in compact cakes.

The procedure for pan-frying vegetables (p. 327) is the basic method used for these preparations. The potatoes are not mixed while cooking but are made into cakes, which are browned on both sides. This category includes hash browns and variations as well as potato pancakes and macaire potatoes (p. 362).



Rissolé or Cocotte Potatoes

PORTIONS: 12 PORTIONS SIZE: 4 OZ (125 G)

U. S.	METRIC	INGREDIENTS	PROCEDURE
7 lb	3.5 kg	Potatoes (see <i>Note</i>)	<ol style="list-style-type: none"> 1. Peel and eye the potatoes and trim or tourné them into small oval shapes about 1½ in. (4 cm) long. (See Fig. 7.21 for technique.) 2. Place the potatoes in a saucepan, cover with unsalted water, and bring to a boil. Reduce heat and simmer 7–8 minutes, or until about three-fourths cooked. 3. Drain and turn out onto a sheet pan to steam dry. 4. Heat the clarified butter in a large sauté pan. Add the potatoes and sauté over moderate heat until golden brown and fully cooked. (Potatoes may also be browned in deep fat if speed of service is critical.) 5. Season with salt and pepper.
5 oz	150 g	Clarified butter	
to taste	to taste	Salt	
to taste	to taste	White pepper	

Per serving: Calories, 290; Protein, 4 g; Fat, 11g (34% cal.); Cholesterol, 30 mg; Carbohydrates, 45 g; Fiber, 4 g; Sodium, 125 mg.

Note: The quantity of potatoes needed varies, depending on how heavily they are trimmed. Save trimmings for purées or other uses.

VARIATIONS

Alternative Method: Potatoes may be sautéed without prior blanching. Sauté over low heat and keep covered during the first half or three-fourths of the cooking period so the potatoes cook fully without overbrowning. Potatoes cooked this way absorb more butter than those that are blanched first. Thus they are tastier, but they also are higher in calories.

Parisienne and Noisette Potatoes

Prepare as in basic recipe, but cut potatoes with a melon ball cutter. Parisienne potatoes are cut with a scoop slightly larger than 1 in. (about 3 cm). Noisette potatoes are smaller than 1 in. (about 2.5 cm). Blanch 3–5 minutes or cook from raw state.

Château Potatoes

Prepare as in basic recipe, but tourné the potatoes into larger ovals, about 2 in. (5 cm) long.

Potato Rods Rissolé

Cut potatoes into rod shapes, using a ½-in. (12-mm) brass tube (see photo of Beef tenderloin plate 3, p. 895). Prepare as in basic recipe.

Hash Brown Potatoes

PORTIONS: 12 PORTION SIZE: 4½ OZ (125 G)

U.S.	METRIC	INGREDIENTS
3 lb 12 oz	1.7 kg	Boiled potatoes, cooled and peeled
5 oz	140 g	Oil, clarified butter, or a mixture of oil and clarified butter
to taste	to taste	Salt
to taste	to taste	Pepper

PROCEDURE

1. Chop the potatoes into small pieces.
2. Ladle a thin layer of oil or butter into a well-seasoned 6-in. (15-cm) sauté pan and set it over high heat. A griddle may also be used for this preparation.
3. When the fat is hot, add 1 portion of potatoes and flatten them into a round cake. Shake the pan back and forth to keep the potatoes from sticking.
4. When the potatoes are well browned on the bottom, flip them over or turn them with an offset spatula. Try to keep the potato cake unbroken. Season with salt and pepper.
5. When the second side is done, tilt the pan to drain off any excess fat for reuse, holding the potatoes in the pan with the spatula. Slide the potatoes out of the sauté pan onto a plate.
6. Repeat with remaining portions.

Per serving: Calories, 180; Protein, 2 g; Fat, 7 g (35% cal.); Cholesterol, 0 mg; Carbohydrates, 27 g; Fiber, 2 g; Sodium, 5 mg.

VARIATIONS

Any of the following can be added to the potatoes to vary the flavor: chopped parsley, chives, bacon, hard-cooked egg, grated cheese, and garlic.

Rösti Potatoes

Shred boiled potatoes on the large holes of a hand grater, or use a machine. Prepare as in basic recipe. Potatoes should be very crisp on the

outside but soft inside. (These are often called hash brown potatoes but, strictly speaking, hash browns are made with chopped potatoes, as hash means “to chop.”)

Lyonnaise Hash Browns

Combine 10 oz (300 g) onion, chopped and sautéed in butter, with the chopped or shredded potatoes before pan-frying.

Lyonnaise Potatoes

PORTIONS: 12 PORTION SIZE: 4½ OZ (125 G)

U.S.	METRIC	INGREDIENTS
3 lb 4 oz	1.5 kg	Boiled potatoes, cooled and peeled
12 oz	350 g	Onions
4 oz	110 g	Clarified butter, vegetable oil, or mixture of oil and butter
to taste	to taste	Salt
to taste	to taste	White pepper

PROCEDURE

1. Cut the potatoes into slices about ¼ in. (0.5 cm) thick.
2. Peel the onions, cut in half lengthwise, and slice into julienne.
3. Heat half the fat in a sauté pan and sauté the onions until they are golden. Remove from the pan with a slotted spoon and set aside.
4. Put the rest of the fat into the pan. Set the pan on high heat and add the potatoes.
5. Sauté the potatoes, tossing them in the pan until well browned on all sides.
6. Add the onions and continue to sauté for another minute, or until onions and potatoes are well mixed and the flavors are blended.
7. Season to taste.

Per serving: Calories, 190; Protein, 2 g; Fat, 9 g (42% cal.); Cholesterol, 25 mg; Carbohydrates, 26 g; Fiber, 2 g; Sodium, 95 mg.

Note: This preparation may be made on a griddle instead of in a sauté pan.

VARIATIONS

Home Fries or American Fries

Prepare as in basic recipe, but omit onions.

Potatoes O'Brien

Cook 5 oz (150 g) diced bacon until crisp. Remove bacon from pan. Sauté 5 oz onion (150 g), cut in fine dice, and 5 oz (150 g) green bell pepper, cut in fine dice, in bacon fat. Sauté 3 lb 4 oz (1.5 kg) diced potatoes as in basic recipe and add vegetables. Add the crisp bacon and 2 oz (60 g) diced pimiento to finish, and season to taste.

Lyonnaise Potatoes



Potato Pancakes

PORTIONS: 10 PORTION SIZE: 2 PANCAKES, ABOUT 2 OZ (60 G) EACH

U. S.	METRIC	INGREDIENTS
3 lb	21.35 kg	Potatoes
8 oz	225 g	Onions
1	1	Lemons
3	3	Eggs
2 tbsp	30 mL	Chopped parsley (optional)
1 tsp	5 mL	Salt
¼ tsp	1 mL	White pepper
1 oz or more as needed	30 g or more as needed	Flour (see Note) Oil for pan-frying

PROCEDURE

1. Peel the potatoes and onions. Grate them together into a stainless-steel bowl. Juice the lemons, add the juice to the potatoes to prevent discoloration, and toss to mix.
2. Place the potatoes in a china cap and squeeze out the excess liquid. Hold the liquid and let the starch settle out. Drain the liquid from the starch.
3. Return the potatoes to a stainless-steel bowl and add the potato starch.
4. Beat in the eggs, parsley, salt, and pepper.
5. Stir in enough flour to bind the potato mixture. (If the batter is too thin, the pancakes will fall apart in the pan. Test-fry a little first, and add more flour if necessary.)
6. Pour about ¼ in. (½ cm) oil into a heavy iron skillet. Heat the oil over moderately high heat. The oil should reach about 325°F/160°C.
7. Measuring with a solid kitchen spoon, place portions of the batter in the pan to make individual pancakes.
8. Pan-fry, turning once, until golden brown on both sides.
9. Remove from the pan with a slotted spoon or spatula and drain briefly on absorbent paper.
10. *Alternative method:* Lightly brown in oil and place in one layer on a sheet pan. Finish in the oven (375°F/190°C) until brown and crisp.

Per serving: Calories, 220; Protein, 5 g; Fat, 10 g (40% cal.); Cholesterol, 65 mg; Carbohydrates, 29 g; Fiber, 3 g; Sodium, 260 mg.

Note: Matzoh meal or dried potato starch may be used instead of flour for binding the batter.

ADDITIONAL RECIPES

These additional recipes may be found on your CulinarE-Companion recipe management program:

Potatoes with Chickpeas and Chiles

Potatoes with Bacon and Onions



TERMS FOR REVIEW

waxy potatoes

all-purpose potatoes

solanine

russets

new potatoes

duchesse potatoes

QUESTIONS FOR DISCUSSION

1. True or false: French fries made from fresh potatoes are always better than French fries made from frozen, blanched potato strips. Explain.
2. If mature, starchy potatoes are best for puréeing (mashed, duchesse, etc.), then why doesn't everyone use russets or Idahos, which are the starchiest?
3. Why is it not a good idea to put parisienne potatoes on your menu unless you are also serving a puréed potato product?
4. Many of the potato recipes in this chapter do not indicate what type of potato to use. For those recipes, indicate whether you would select all-purpose, russet, or waxy potatoes.