

# Potato and Onion Baji



## INGREDIENTS

- 2 potatoes  
(peeled and grated)
- 2 onion  
(cut in half then sliced)
- 3 tablespoons curry powder
- 1 teaspoon turmeric
- 1 teaspoon salt
- white pepper  
(a pinch)
- 1 teaspoon fennel seeds  
(optional)
- Spicy Tomato Dipping Sauce :
  - 1 tablespoon worcester sauce
  - 1 teaspoon tabasco sauce
  - 1 teaspoon cumin  
(optional)
  - 1 cup tomato sauce
  - 1/3 cup water



## COOKING INSTRUCTIONS

1. Mix the grated potato and sliced onion together, add the other ingredients and mix well.
2. Deep fry a tablespoon of the mixture in vegetable oil at 180°C until crisp and golden brown.
3. Mix the dipping sauce ingredients together and serve with the bajis.



# HOT POTATO SANDWICH

## INGREDIENTS

- havarti  
(or any soft cheese, sliced)
- english spinach  
(bunch, washed)
- red capsicum  
(roast)
- avocado  
(peeled and sliced)
- potato  
(1 per person, washed and boiled until firm yet tender)



## COOKING INSTRUCTIONS

1. When cold enough to handle, carefully slice the potato lengthways into three slices.
2. Sandwich the cheese, spinach leaves, capsicum and avocado between the potato slices and reassemble back into a potato shape.
3. Bake in a 180°C oven for 20 minutes until the cheese has melted, or microwave for 3 minutes on high, and serve.

# Potato Bubble and Squeak Cake



## INGREDIENTS

- 4 potatoes  
(peeled (optional), diced and  
boiled until tender)
- 3 brussel sprouts  
(microwaved or boiled and  
roughly chopped)
- 2 bacon rashers  
(diced)
- onion  
(finely diced)
- 1 tablespoon oil
- 100 grams cabbage  
(shredded and blanched)



Potato Bubble and Squeak Cake

## COOKING INSTRUCTIONS

1. Fry the bacon and onion in the oil, add the drained potatoes, brussel sprouts and cabbage.
2. Fry on medium to high heat until a crust starts to form.
3. Keep mixing and scraping the bottom of the pan with a spatula.
4. Add salt and pepper to taste.
5. When cooked form the mixture into a round shape, pat down, cut into wedges and serve.

# SHEPHERDS PIE



## INGREDIENTS

- 500 grams lean beef mince
- onion  
(finely chopped)
- 1/2 carrot
- beef stock cube
- 1.25 cups hot water
- 3 tablespoons gravy maker
- 4 potatoes  
(peeled, diced and cooked)
- 1 tablespoon milk
- salt and pepper



## COOKING INSTRUCTIONS

1. Fry the onion, carrot and minced beef until cooked.
2. Crumble the stock cube into the hot water, stir in the gravy maker thoroughly and add to the mince.
3. Place into an ovenproof dish.
4. Mash the cooked potatoes with the butter and milk then spoon over minced beef.
5. Bake in a 180°C oven for 35-40 minutes until the potato crust is golden.

# ***Easy Peesie Gnocchi***



## ***INGREDIENTS***

- 350 grams potatoes (approx 2 medium potatoes)
- egg
- 1.25 cups plain flour



## ***COOKING INSTRUCTIONS***

1. Boil the potatoes, mash when still hot and allow to cool slightly.
2. Add the lightly beaten egg and then, gradually, the flour.
3. Knead into a ball and separate into 6 equal portions.
4. Roll each portion into a 1cm thick roll and cut into 1cm long pieces.
5. On a floured surface, press and roll each piece lightly with the back of a fork.
6. Cook in boiling salted water for 10-15 minutes.

# Aloo Palak



## **INGREDIENTS**

- 200 grams potatoes (peeled (optional) and boiled until just tender)
- 250 grams frozen spinach
- onion (finely chopped)
- 2 teaspoons mild curry paste (Patak's or similar)
- 375 grams coconut milk (2 tins)
- salt and pepper



## **COOKING INSTRUCTIONS**

1. Run cold water over the cooked potatoes, drain and set aside.
2. Fry the onion until translucent.
3. Add the curry paste, fry for 1 minute then add the coconut milk.
4. Bring to the boil and add cubed potatoes and defrosted spinach.
5. Simmer for 5 minutes.

# Potato and Goats Cheese Spread



## *INGREDIENTS*

- 300 grams potatoes (cubed, cooked, strained and mashed)
- 150 grams goats cheese
- 50 grams sour cream
- 1 tablespoon chives (chopped)
- 150 grams cream cheese
- salt
- 1 sprinkle white pepper



Potato and Goats Cheese Spread

## *COOKING INSTRUCTIONS*

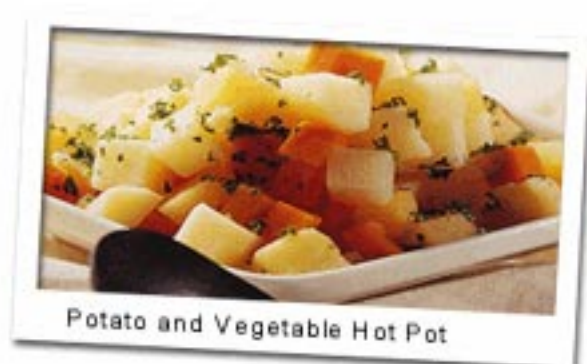
- When the mashed potato is cool, simply mix in the other ingredients with a fork or whisk and season with salt and pepper.



# Potato and Vegetable Hot Pot

## **INGREDIENTS**

- 2 potatoes
- carrot
- chicken stock (1 litre)
- salt and pepper
- fresh herbs (garnish)
- parsnip
- swede
- turnip



Potato and Vegetable Hot Pot

## **COOKING INSTRUCTIONS**

1. Peel all the vegetables and cut into 3cm (1 inch) pieces and place them into a pot, cover with stock and bring to the boil.
2. Simmer until vegetables are cooked (approx 15 minutes) and season to taste.
3. Garnish with fresh herbs.



# POTATO PAKORA



## **INGREDIENTS**

- 4 potatoes (unpeeled)
- 150 grams plain flour
- 25 grams malay curry powder
- 1 cup water
- vegetable oil (for frying)



## **COOKING INSTRUCTIONS**

1. Cut the potatoes into 1cm slices.
2. Whisk together the flour, curry powder, salt to taste and enough water to form a batter which runs in a stream off a spoon
3. Dip the potato pieces into the batter and deep fry briefly in vegetable oil at 180°C until crispy and golden brown.

# Herbed Barrel Potatoes



## INGREDIENTS

- 1 tablespoon warm water
- 10 grams chives (chopped)
- 60 grams chopped parsley
- 25 grams butter
- salt and pepper (to taste)
- 30 grams soft butter
- 6 potatoes (large ones)



## COOKING INSTRUCTIONS

1. Using an apple corer, push through the potatoes to create "barrel" shapes.
2. Cook in salted water until just cooked, 6-8 minutes, drain and return to the pot.
3. Mix the herbs, 25g of butter and salt and pepper to taste then mix in with the warm potatoes.
4. Whip 30g of soft butter in a mixer with 1 tbsp of warm water until light in colour and combined.
5. Serve melting over the hot barrel potatoes.