

Cooking potatoes

Basic ways to cook potatoes, suitable for adding to a range of meals.

Baked

1. Preheat oven to 400 °F.
2. Place potatoes on a baking sheet. Bake for 45-50 minutes, Until tender when pierced with a fork.
3. Slice open each potato. Place 1 Tablespoon of butter in the centre of each potato.
4. Add additional toppings if desired.

Boiled

1. Peel potatoes and then cut them up into equal sizes.
2. Add potatoes to a saucepan of cold water and place on the hob and bring to a boil. Once boiling, reduce the heat and then simmer for about 20 minutes or until a fork slides easily into the potatoes. Drain the potatoes.

Mashed

1. Peel potatoes and then cut them up into equal sizes.
2. Add potatoes to a saucepan of cold water and place on the hob and bring to a boil. Once boiling, reduce the heat and then simmer for about 20 minutes or until a fork slides easily into the potatoes. Drain the potatoes.
3. Put the drained potatoes back into the saucepan over a low heat and mash them with a potato masher until smooth.
4. Add butter, milk, salt and pepper and mix together until the potatoes are smooth and creamy.

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Roast

1. Peel potatoes and then cut them up into equal sizes.
2. Add potatoes to a saucepan of cold water and place on the hob and bring to a boil. Once boiling, reduce the heat and then simmer for about 10 minutes to parboil the potatoes. Drain the potatoes.
3. Preheat the oven to 190°C and pour 2 tablespoons of oil into a deep baking tray.
4. Put the drained potatoes into the tray and sprinkle over salt and pepper and toss the potatoes in the oil to coat them.
5. Bake in the oven for about 30 minutes, until browned and crisp but tender when pierced with a fork.