



Week Twenty Three



YUMMY POTATOES

You can enjoy eating yummy potatoes made in a variety of different ways: new or old potatoes, boiled, baked, fried, scalloped, croquettes. Mashed potato or mashed sweet potato. Have some left over mashed potato? Use it to make a delicious Potato Boston bun.

TWO EASY AND QUICK WAYS TO COOK POTATOES:

Baked potato in your microwave.

Prick 2 washed potatoes. Rub with butter or margarine all over. Cook in your microwave for 4 minutes. Make a cross on the top of potato with knife add sour cream, grated cheese, or just extra butter.

Microwaved Scalloped Potatoes

3 medium sized potatoes sliced. Salt, Pepper, Butter, 2 tablespoons Plain flour. ¼ cup Milk.

Place a layer of sliced potatoes into greased casserole dish, sprinkle with salt, pepper, flour and dot with butter. Repeat until all potatoes are used. Pour milk over the top, cover with

Cling wrap and cook in microwave for 6 minutes. Add grated cheese and brown under grill, or in oven.



POTATO FRITTERS

From the CWA 'River' cookbook.

2 large older potatoes grated

1 egg beaten

Oil for frying

salt and pepper to taste

2 or more tablespoons of plain flour

Method

Combine potatoes, egg, salt, pepper, and plain flour in bowl and mix well. Place a spoonful of mixture at a time into hot oil in a frying pan. Cook until brown, turning once.



Week Twenty Two



POTATO BOSTON BUN

(using leftover mashed potato) From CWA 'River' cookbook
Only have half a cup of mashed potato? Halve the recipe.

1 cup mashed potato

2 cups S.R flour

¾ cup sugar

1 cup milk

½ cup each of currants and sultanas, or 1 cup of mixed fruit.

Method

Place mashed potato into mixing bowl, add sugar then mixed fruit. Add SR flour and milk alternately. Bake in a greased large loaf tin or round 18cm (6inch) tin at 180°C for 30-40 minutes until cooked. When cool, ice with white icing sugar and sprinkle coconut on to top.

