

# POTATOES

There is no vegetable more useful than the homely potato. Potatoes are a cheap source of energy, and they are one of the foods that help to protect us from illness. They contain the same vitamin as oranges and  $\frac{3}{4}$  lb. of potatoes daily will give over half the amount of this vitamin needed to prevent fatigue and help fight infection.

## Potatoes save Shipping

Potatoes, which are home-grown, give us the same kind of energy-food as wheat, which is imported. Eat them in place of bread and other foods made from flour wherever possible, and you help to save shipping space.

So don't think of potatoes merely as something to serve with the meat. They can be much more than that. A stuffed, baked potato can be a course in itself. Potatoes can be used, too, for soups, bread-rolls, pastry, puddings and even cakes, as the following recipes show.

### Hints on cooking Potatoes

1. Always cook them in their skins.
2. If you must peel them, peel thinly.
3. After peeling, cook at once. Avoid soaking in water if possible.

## *Boiled Potatoes*

Scrub the potatoes, and put into boiling salted water using just enough water to cover.

Cook with the lid on. Boil rapidly but do not let the potatoes break up and become 'mushy.' When tender (this should be after 10-15 minutes cooking) drain carefully. Shake the potatoes gently in the saucepan over a low heat for a minute or two. This dries the potatoes and leaves them deliciously floury.



## ***Baked Potatoes***

Scrub the potatoes and prick them. Place in a hot oven and bake until tender. This method can be used when cooking the rest of the dinner in the oven, so saving the 'top heat' or placed in hot cinders, under the fire.

## ***Mashed Potatoes***

Cook the potatoes by baking or boiling, remove from the skins and beat well with a little hot milk or margarine, if these can be spared. Add salt and fresh coarsely chopped parsley just before serving.

Serve Potatoes immediately as keeping them hot destroys some of their protective qualities. Use potato water for making soups, and gravies.

Potatoes left after a meal should be kept in a cool place and used for making pastry, pancakes, scones, potato salad or for thickening soups.

## ***Potato Soup***

1½ lbs. potatoes  
1 stick celery, a few spring onions, or a little leek  
2 tablespoonfuls chopped parsley  
1½ pints of vegetable water or water  
1 teacup of milk or household milk  
Seasoning

### **Method :**

Scrub and slice the potatoes and celery. Place in boiling salted water. Cook with the lid on until quite soft. Rub through a sieve or mash well with a wooden spoon. Add milk and re-heat, but do not re-boil. Sprinkle coarsely chopped parsley over just before serving.

## ***Stuffed Potatoes***

Bake the potato whole without removing the skin. Cut a slice from the top. Take out the centre and mix with one of the following fillings. Pile back into the potato case and re-heat for a minute or two under the grill or in the oven.

### ***Fillings :***

1. Finely flaked fish or minced meat moistened with sauce or gravy
2. A little yeast and vegetable extract and chopped parsley.
3. Finely chopped left over vegetables
4. Grated cheese and a little milk.
5. Sausage meat.



## Potato Salad

Boil 1 lb. potatoes in their skins (extra can be done at dinner time). Peel and cut into dice. Add a little chopped onion. Bind together with salad dressing. Sprinkle with chopped parsley and serve with watercress and shredded cabbage.

## Potato Milk Pudding

10 oz. shredded potato  
1 oz. flour  
1 pint milk or milk and water  
1 oz. sugar  
or 1-2 tablespoonfuls jam  
Nutmeg

### Method:

Mix the flour and milk and boil. Shred the potato, but do *not* let it stand or it will go brown, and cover at once with milk and flour. Place in a pie dish, add the sugar or jam and stir. Sprinkle with grated nutmeg. Bake for 1½-2 hours.

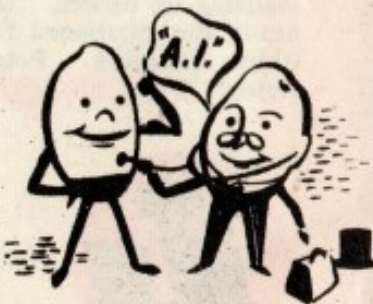
To make this into a chocolate pudding, add 2 tablespoonfuls cocoa and ½ to 1 oz. extra sugar.

## Potato Scones

6 ozs. flour  
4 ozs. mashed potato  
1 teaspoonful baking powder  
½ teaspoonful salt  
1 oz. fat  
4-5 tablespoonfuls milk

### Method :

Mix the flour and salt. Add the baking powder and work into the mashed potato. Rub in the fat. Blend to a soft dough with milk. Roll out to ¼ inch thickness. Cut into rounds. Brush the tops with milk. Bake on greased baking sheets for 15 minutes in a hot oven. For a sweet scone add 1 oz. sugar, for cheese scones, omit the fat and add 4 ozs. grated cheese.





## ***Irish Potato Cakes or Fadge***

8 ozs. mashed potatoes       $\frac{1}{2}$  teaspoon salt      1-2 ozs. flour.

### **Method:**

Mix potato, salt and enough flour to make a stiff dough. Roll out about  $\frac{1}{4}$  inch thick and cut in 8 pieces. Cook on a hot plate or in a greased frying pan, browning them on both sides. Serve with breakfast bacon, or spread with margarine or sandwich fillings.

## ***Potato Pastry***

8 ozs. flour      2 ozs. fat  
4 ozs. mashed potatoes       $\frac{1}{2}$  teaspoonful salt

### **Method :**

Mix the flour and the salt. Cream the fat and the potato, add the flour, and a little water if necessary, to form a rather stiff dough.

## **Potato Sandwich Spreads**

### ***Savoury***

Any of the fillings given for stuffing potatoes, mixed with a little mashed potato can be used for savoury sandwiches.

### ***Sweet Potato chocolate spread***

2 tablespoonfuls mashed potato  
1 tablespoonful cocoa  
1 tablespoonful sugar  
Almond or vanilla flavouring

### **Method :**

Mash the potato thoroughly. Mix in the cocoa, sugar and flavouring. Use as a spread in place of jam.

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As sugar, fats, jams and preserves are rationed, energy-giving foods available are limited. Therefore if we are to keep up our energy and health the unrationed foods, potatoes and bread, must be eaten in larger quantities. Potatoes come *first* because they are *home grown*.



**MINISTRY OF FOOD**