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Potato varieties differ in starch and moisture content, shape, and skin color.

- High-starch, low-moisture potatoes are dense because they have a high amount of dry starch. They are best when baked, puréed, or fried. They include Idaho and russet potatoes.
- Sweet potatoes, yams, and russet potatoes are suited to baking, puréeing, and frying. They are high in starch and low in moisture.



Types of Potatoes

• Medium-starch, medium-moisture potatoes are versatile.

- Chef's all-purpose, Yukon gold, and yellow-fleshed potatoes.
- Best for
 - boiling
 - steaming
 - sautéing
 - oven roasting
 - stewing
 - mashing
 - braising

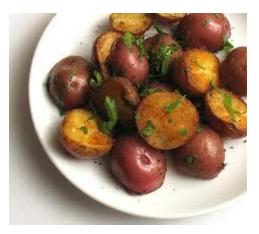




- Low-starch, high-moisture potatoes are new potatoes.
- Best for
 - boiling
 - Steaming
 - oven roasting







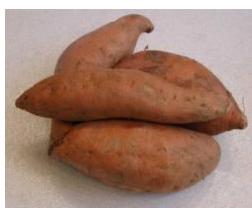


Types of Potatoes

- Sweet potatoes, yams, and russet potatoes
 - Suited to baking, puréeing, and frying.
- High in starch and low in moisture.



Russet Potato



Sweet Potato



Yams:

Not related to s.p.

More natural sugar/higher moisture content

Used interchangeably with s.p.



Sclecting Potatoes



- A wide variety of market options exists when purchasing potatoes. These forms include fresh, frozen, refrigerated, canned, and dried.
- When selecting potatoes, choose potatoes that are firm and smooth.
- Do not accept potatoes with dark spots, green areas, mold, or large cuts.



Storing Potatoes



- Store potatoes in a cool, dry place at temperatures ranging from 45°F to 55°F.
- All potatoes are best stored in ventilated containers in indirect light.





- The potato is one of the most popular vegetables because it is inexpensive, adaptable, versatile, and tasty.
- Always discard potatoes if you have any doubts about their freshness or safety.
- Potatoes exposed to light may develop a greenish color
 - Although color is harmless, potato contains <u>solanine</u> (harmful, bittertasting substance
 - Cut away and discard sprouts and green portions before using potatoes.





- In the single-stage cooking technique, take potatoes directly from the raw state to the finished state by using one cooking method.
 - Examples: Baked or boiled
- In a multiple-stage technique, prepare potatoes using more than one cooking method before they are a finished dish.
 - Example:
 - Lyonnaise: Potatoes are precooked, sliced, and fried with onions.

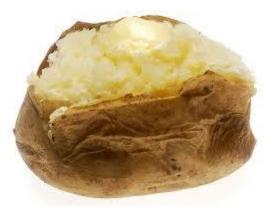








- Boiling is one of the easiest methods of cooking potatoes. It is often the first step for other preparations, such as puréed potatoes.
- Steaming is an especially good cooking method for new potatoes because of their high moisture content.
- Baked potatoes are always served in their skins. The best baking potatoes are Idahos or russets.







- Scrub all potatoes clean and pierce with a fork before placing in the oven, no matter the technique.
- For *en casserole* potato dishes, combine peeled and sliced raw potatoes with heavy cream, sauce, or uncooked custard.
- Chef 's potatoes are the best for sautéing.
- Deep-fry potatoes to make French fries, cottage fries, steak fries, and many other fried potato dishes.







- Make potato pancakes with grated potatoes and other ingredients.
 Pan-fry them to a crispy brown.
- Puréed potatoes are the basis of many popular dishes, including mashed or whipped potatoes, duchesse potatoes, and potato croquettes.
- Whenever possible, cook potatoes in their skins to retain their nutrients.



