

Potato Culinary Practices

Chapter 11 Section 1

Read Section 11.1 in the Year 1 textbook and/or the Intro to Potatoes (11.1) PowerPoint found on www.lamoehr.com, to answer the following questions:

1. What makes high-starch, low-moisture potatoes dense?
2. Name two types **high starch, low-moisture** potatoes and cooking methods best suited for them.
3. What cooking methods are sweet potatoes, yams, and russet potatoes are best suited for?
4. Name 3 **medium-starch, medium-moisture** potatoes and 3 cooking methods they are suited for.
5. What potato is low-starch but has high-moisture? What cooking methods are they best suited for?
6. When purchasing and/or receiving potatoes, what qualities should you look for?
7. What temperature are potatoes best suited for?
8. What is solanine? How does it affect the taste of potatoes? How can you prevent consumption?

9. What is the difference between single-stage cooking and multiple stage cooking techniques? Provide an example for each.

10. What is the first stage of pureed potatoes?

11. What potato is best for steaming?

12. What potatoes are best for baking?

13. What do you need to do to any potato before cooking, regardless of the technique?

14. What are *en casserole* potato dishes?

15. How can you cook potatoes to retain nutrients?

Online Research: Choose ONE of the following options to research and complete on a separate sheet of paper. Staple to this sheet upon completion (8 points)

OPTION ONE: As a chef, you want to explore all varieties of potatoes from fingerlings to new potatoes to purple potatoes and others at the farmers' markets. Research two "newer" varieties of potatoes, describe their properties, and describe how they are used in cooking.

OPTION TWO: Sweet potatoes and yams are interchangeable in most recipes. What are the differences between the sweet potato and yam? Where did they originate? How are they grown? What are nutritional benefits of sweet potatoes compared to yams?