



POTATOES



Number of servings: 12

Ingredients:

6 medium potatoes

Directions:

1. SCRUB potatoes well; REMOVE all eyes and sprouts.
2. CUT approximately into 2-inch chunks.
3. PIERCE each potato several times with a fork.

Variations:

MICROWAVE:

1. PLACE in microwave and COOK on high:
One potato: cook 4-6 minutes
Two potatoes: cook 6-8 minutes
Three potatoes: cook 8-12 minutes
2. COVER and LET STAND 5-10 minutes before serving.

RICE COOKER:

1. PLACE steamer rack into rice cooker pot. PLACE about ½ inch of water in pot (not to go over the height of the rack).
2. PLACE potatoes on top of steamer rack, cover, and COOK.
3. Potatoes will be done when rice cooker automatically shuts off.

Hints: Crumpled foil or foil balls may be used instead of a steamer rack. Wrapping potatoes individually in ti leaves may result in a desirable flavor.

TRADITIONAL METHOD:

BAKE: In oven or toaster oven at 425° F, BAKE for 30-45 minutes.
BOIL: In a sauce pan/pot, PLACE potatoes. ADD water to cover potatoes. Bring to BOIL and SIMMER covered for 20-30 minutes.
STEAM: CUBE or SLICE potatoes. PLACE in steamer over boiling water. COVER and SIMMER for about 10-15 minutes.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.



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