



## Potato

### How to Prepare

To call potatoes a staple is a bit of an understatement. They are the world’s fourth-largest food crop, and an important part of the food culture of so many regions. Originally from South America, potatoes have spread far and wide, and become part of the food history in nearly every part of the world. Potatoes are a popular crop in Yellowknife. There are many varieties that grow well, and the Yellowknife Community Garden Collective is a great source of info. See [ykgardencollective.org](http://ykgardencollective.org) for more info.

Potatoes have so many applications in modern cuisine. They are great skin-on, peeled, whole, cut up, as the star of a dish, or as a supporting element. They’re almost always cooked, and they can be baked, fried, roasted, stewed, and boiled.

In your own home, you can store potatoes for several months. Keep potatoes in a cool, dry place away from light. Store then in perforated bags or containers that allow good air flow. Ventilation is important and airtight containers will make your potatoes spoil much more quickly. For more info see: [wikihow.com/Store-Potatoes](http://wikihow.com/Store-Potatoes)

### Try Using Potato:

- In soups like Caldo Verde;
- Roasted with garlic and herbs;
- In shepherd’s pie;
- Baked with butter and chives;
- As hash browns with onion;
- In samosas and curries;
- English-style bangers & mash;
- Roasted with carrots & beets;
- As fries or poutine;
- As pancakes (latkes or platski);
- “Smashed” with good olive oil;
- In hearty, flavourful stews;
- As gnocchi or dumplings; and
- Mashed with garlic and butter.

### Nutrition Highlights

- High in Vitamin B6 & C;
- A good source of fibre;
- A good source of Potassium; and
- Low in fat and cholesterol.

<b>Nutrition Facts</b>	
Serving Size 1 Potato small 1-3/4" to 2-1/2" dia 170g (170 g)	
Amount Per Serving	
<b>Calories</b> 131	Calories from Fat 1
% Daily Value*	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 10mg	0%
<b>Total Carbohydrate</b> 31g	10%
Dietary Fiber 4g	15%
Sugars 1g	
<b>Protein</b> 3g	
Vitamin A 0%	Vitamin C 56%
Calcium 2%	Iron 7%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
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# YELLOWKNIFE FARMERS MARKET



## Recipe: Herbed Red Potato Salad

### Ingredients

#### Salad:

2 lbs red potatoes, cut into ¼” rounds  
1 tbsp salt  
½ cup parsley, rough chopped  
½ cup green onion, chopped  
3 stalks celery, chopped

#### Dressing:

¼ cup olive oil  
2 tbsp lemon juice  
2 tsp Dijon mustard  
4 cloves garlic (or roasted garlic)  
Salt and pepper

### Instructions

1. In a large pot combine sliced potatoes and salt. Cover with water by 1 inch. Bring to a boil over high heat, then reduce heat to medium-low and cook until potatoes are easily pierced by a paring knife and pulled out with little resistance, about 5 to 6 minutes.
2. Keep ¼ cup cooking water, then drain. Transfer potatoes to a large mixing bowl.
3. In a blender combine the cooking liquid, olive oil, lemon juice, Dijon mustard, garlic and freshly ground black pepper. Blend just until emulsified. Add half the parsley and green onions and whisk the dressing together.
4. Drizzle the potatoes with the herbed olive oil mixture and mix well. (It will look like you’ve poured in too much dressing, but don’t worry, the potatoes will soak it up!) Let the potatoes rest for ten minutes, tossing every few minutes.
5. Add the celery to the bowl, along with the rest of the chopped parsley and green onions. Toss again. Season to taste with salt and pepper and serve immediately.

Need more garlic? Substitute the olive oil for Roasted Garlic Olive Oil. You can find that on the Eat Local YK Garlic info sheet.

This is a great alternative to mayonnaise-based dressings.

Bored of parsley? Use a different herb. Try basil, dill, or cilantro instead. .

Red or waxy potatoes will work best for this salad. Russets and white potatoes will break down too easily, and leave your potato salad a starchy mess.