POTATOES for Successful Meals

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Potatoes are a “serve anytime” food—serve them anytime you want to make an ordinary meal become an extraordinary meal. From the menu planner to the person enjoying one of the many creative dishes they make possible, potatoes are a success food. They are easy to fix, easy to serve, and very easy to like. Breakfast, lunch, dinner, or snack time is potato time. Pamper your family and friends today with a dish featuring potatoes.

Potatoes are high in food value too. They contain vitamin C in noteworthy amounts; one medium-sized potato supplies about one third of the daily need for this valuable nutrient. Vitamin C is needed daily because the body cannot store it to the extent it can some other nutrients. Along with this nutrient, potatoes contain the B vitamins: thiamine, niacin, and riboflavin, and the minerals: iron, potassium, and phosphorus. They are a nutrient-loaded food—good for you besides being good tasting. This combination makes for success.

A word to weight watchers

Potatoes should be a part of everyone’s diet. Contrary to popular opinion, they are not a fattening food. One medium-sized Russet Burbank potato contains about 100 calories, which is the same amount found in an orange or apple. You can add many calories to potatoes by the addition of large quantities of fats, gravies, and other high-calorie foods. But this is true of all foods—any food can be increased in calorie content by the addition of high-calorie ingredients.
Buying Potatoes

Different varieties of potatoes have qualities that make them suitable for specific methods of preparation. Generally, potatoes containing a high solid content are best when they are baked, mashed, or French fried. Potatoes with low solid content are recommended for boiling, mashing, salads, hash browns, casseroles, and creamed dishes. Oregon grows a large supply of the Russet Burbank variety, also called Netted Gem, which makes the most fluffy, mealy potato you ever ate. The White Rose, Norgold, and Kennebec varieties are available in grocery stores here. Many of them are produced in California, Idaho, and Washington. The Red La Soda comes from California. When buying potatoes, keep in mind that the Russet Burbank is the best variety for baking. Other varieties may be baked but they will not have the mealy, fluffy characteristic preferred in baked potatoes. While the Russet Burbank can be mashed, other varieties give a smoother and less fluffy and mealy mashed potato, so they are preferred for this use.

Cooking qualities of potatoes vary. Therefore, it is advisable to experiment with different varieties and different brands. Look for various brands, sample them, and when you find a brand that consistently gives the desired cooking qualities, stay with it. Many packers have several brands that vary with quality. As is true of most products, top quality is a little more expensive than lower quality, but it will result in less waste in preparation and greater satisfaction with the finished product.

Variety Gives Clues for Cooking Methods

<table>
<thead>
<tr>
<th>Variety</th>
<th>Characteristics and recommended cookery</th>
<th>Source and availability</th>
</tr>
</thead>
<tbody>
<tr>
<td>Russet Burbank</td>
<td>Delicious flavor and mealy texture. Bake, mash, or French fry. Tends to fall apart when boiled.</td>
<td>Late fall through early summer. Most grown in Oregon.</td>
</tr>
<tr>
<td>(Netted Gem)</td>
<td></td>
<td></td>
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<tr>
<td>White Rose</td>
<td>Boil, cream, hash brown, in salads and casseroles. Holds shape when boiled.</td>
<td>Late winter through July. Most shipped in.</td>
</tr>
<tr>
<td>Kennebec</td>
<td>Delicious flavor, not as mealy as Russet Burbank but good for baking, mashing, French fries, and potato chips. Falls apart when boiled. Does not keep well.</td>
<td>Fall through winter. Spring ones shipped in.</td>
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<tr>
<td>Norgold</td>
<td>Questionable cooking qualities. Boil, hash brown, mash.</td>
<td>Early summer through fall. Shipped in.</td>
</tr>
<tr>
<td>Red La Soda</td>
<td>Boil, mash, hash brown, and in salads, creamed dishes, and casseroles.</td>
<td>Late winter through July. Shipped in.</td>
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Cooking and Care

More of the food value of potatoes is retained if they are cooked in their jackets. If peeled before cooking, peelings should be thin because many nutrients found in potatoes are just under the skin. When cooking, use as little water as possible, just enough to prevent boiling dry.

Potatoes store well but they are perishable. Handle them gently and store them in a cool dark place. A dark place prevents potatoes from turning green and a cool environment helps them retain firmness. A temperature of between 45° to 50° F. is recommended. Lower temperature causes a lowering of solid content.
Successful Potato Recipes

Baked Potato

For a really fluffy, mealy baked potato, scrub well, prick several times with a fork, and bake at 400° F, for about 1 hour. If a more moist steamed potato is preferred, wrap in aluminum foil.

Potatoes with Beef Stuffing

6 large baking potatoes
2 tablespoons vegetable oil
2 tablespoons butter or margarine
3 tablespoons chopped onions

1 pound ground beef
1 teaspoon salt
½ teaspoon freshly ground black pepper
2 tablespoons steak sauce
Paprika

Scrub and dry potatoes; then rub with oil. Bake at 400° F, for 50 minutes or until tender. Cut off a ¼-inch piece lengthwise. Scoop out the pulp carefully and mash smooth. Reserve the shells. Prepare meat while potatoes are baking. Melt butter or margarine in a skillet; sauté the onions for 5 minutes. Mix in the beef until browned. Stir in the salt, pepper, sauce, and mashed potatoes. Add additional seasoning if desired. Stuff the shells and sprinkle with the paprika. Bake at 350° F, for 10 minutes or until very hot. Serves 6.

Baked Potatoes Supreme

4 large baking potatoes
1 stick butter or margarine, melted
Bread crumbs

Pare potatoes; roll in melted butter or margarine, then in bread crumbs. Repeat. Bake at 400° F, for 50 minutes to 1 hour. Serves 4.

Festive Mashed Potatoes

4 cups hot mashed potatoes
½ cup thinly sliced stuffed olives
1 tablespoon chopped parsley
1 tablespoon grated onion

Combine ingredients and season to taste with salt and white pepper. Serves 6.
Toppings for Baked Potatoes

Blue Cheese Topping
1 8-ounce carton yogurt
  ½ teaspoon salt
1 8-ounce carton yogurt
  ½ teaspoon onion salt
2 tablespoons blue cheese, crumbled

Combine yogurt with remaining ingredients. Chill. Makes 1 cup.

Cheese Sauce
½ cup dairy sour cream
2 tablespoons chopped green onions
½ cup soft butter or margarine
1 cup shredded sharp process cheese

Combine sour cream, butter, cheese, and onions, mixing well.

Herb Cottage Cheese Topping
1 cup low-calorie cottage cheese
  ½ teaspoon dill weed
2 tablespoons buttermilk
  ½ teaspoon tarragon
2 tablespoons buttermilk
  ½ teaspoon salt
½ teaspoon garlic salt

Combine ingredients and mix thoroughly. Makes 1 cup.

Potato-Ham Casserole
2 tablespoons butter or margarine
4 hard cooked eggs, sliced
2 tablespoons flour
1 ½ cups diced cooked ham
1 ½ cups milk
1 green pepper, cut in slivers
1 teaspoon salt
½ teaspoon pepper
1 ½ cups grated cheese
6 medium-sized potatoes, diced
½ cup bread crumbs

Melt butter or margarine and blend in flour. Add milk and seasonings; cook over low heat until thick, stirring constantly. Add potatoes. In a greased casserole, alternate layers of creamed potatoes, eggs, ham, green pepper, and cheese. Sprinkle bread crumbs on top. Bake at 400° F. for 20 minutes. Serves 8.
Crab or Clam Chowder

2 medium onions, minced
2 tablespoons bacon fat
2 cups diced potatoes
3 cups water
1 1/2 cups canned or fresh cooked crab meat or clams
1/2 teaspoon celery salt
2 teaspoons salt
1/2 teaspoon pepper
4 cups milk
2 1/2 tablespoons flour
2 tablespoons soft butter or margarine

Sauté onion in fat. Add potatoes and water and cook until potatoes are tender. Add crab meat or clams, seasonings, and milk; bring just to boiling point and simmer for 5 minutes. Cream flour with butter or margarine; add to chowder and simmer 5 more minutes. Serves 6.

Potato Soup

3 green onions
1 small mature onion
2 tablespoons butter or margarine
4 cups peeled and diced potatoes
1 1/2 teaspoons salt
1 quart scalded milk
White pepper
Finely chopped chives or parsley

Chop the white part and about 2 inches of the green part of onions. Chop mature onion coarsely. Cook onions in butter or margarine in a heavy pan until soft but not brown. Add potatoes, salt, and 1 quart water. Cover, bring to a boil, and cook for 30 minutes or until tender. Put mixture through food mill or sieve or mash 2 cups at a time in a blender until smooth. Heat to boiling and add hot milk. Season to taste. Serve sprinkled with chives or parsley. Serves 6 to 8.

Herbed Potato Salad

(National Potato Council)

4 cups cubed boiled potatoes
1 cup mayonnaise
1 to 1 1/2 teaspoons salt
1/2 cup chopped onion
1 1/2 teaspoons vinegar
1/4 cup chopped celery
2 tablespoons chopped green pepper
Pinch of thyme
1/2 teaspoon marjoram

Sprinkle potatoes with salt. Add onion, celery, and green pepper; toss lightly. Blend mayonnaise, herbs, and vinegar and stir lightly into potatoes.
Potato Cake

2 cups sifted flour 3 squares chocolate, melted
2 cups sugar 1 cup cold mashed potatoes
3 teaspoons baking powder 1 cup cold mashed potatoes
$\frac{3}{4}$ teaspoon salt ¼ cup milk
$\frac{1}{2}$ teaspoon each cloves, 3 eggs 1½ teaspoons vanilla
nutmeg, allspice, and 1 teaspoon lemon extract
cinnamon
$\frac{1}{4}$ cup butter or margarine ½ cup raisins

Sift together flour, sugar, baking powder, salt, and spices. Cut butter or margarine into dry ingredients until as fine as cornmeal. Combine chocolate, milk, potatoes, eggs, and extracts. Add to flour mixture and beat at medium speed of mixer until smooth. Blend in raisins and nuts. Pour into greased 10-inch tube pan. Bake at 350° F. for 1 hour and 10 minutes or until done. Frost with seven-minute brown-sugar icing or glaze with 1 cup of confectioners sugar thinned with 2 tablespoons milk, seasoned to taste with rum extract.

Potato Omelet

2 tablespoons butter or margarine 4 eggs, lightly beaten
2 green onions, chopped Salt and pepper to taste
1 cup finely diced raw ¼ cup milk
ground potato 1 cup grated Parmesan cheese

Melt butter or margarine in heavy 10-inch skillet. Add potato and onion; cook over low heat, stirring and turning frequently for about 10 minutes or until golden brown. Season eggs with salt and pepper; add milk and cheese. Pour over potato. Cook over low heat for 8 to 12 minutes, or until browned on bottom and firm enough to turn over. Place plate over pan, invert, then slide (top side down) back into pan. Cook until browned on the second side. Cut in wedges. Serves 2 to 3.
Potato Strips With Cheese

3 cups raw potato strips, 1 teaspoon salt
  cut as for French fries
\[ \frac{1}{2} \text{ cup thinly shaved processed cheese} \]
\[ \frac{1}{2} \text{ cup milk} \]
1 tablespoon butter or margarine
\[ 1 \text{ tablespoon finely cut parsley} \]
1 teaspoon salt
Pepper to taste

Put the strips of potato into a greased baking dish and pour milk over them. Dot with butter or margarine and sprinkle with salt and pepper. Cover and bake at 350°F, for 40 minutes, or until tender. Sprinkle with cheese and parsley and bake, covered, for 5 minutes more. Serves 4.

Potato-Cheese Balls

1 cup cottage cheese
3 cups mashed potatoes
1 small onion, minced
2 eggs, well beaten
1 teaspoon salt
\[ \frac{1}{2} \text{ teaspoon paprika} \]
\[ 1 \text{ egg, beaten} \]
Bread crumbs
Sour cream, seasoned to taste with horseradish

Combine cottage cheese, potatoes, onion, the two eggs, and seasonings. Shape into small balls; roll in bread crumbs, in egg, then in crumbs. Fry in deep hot fat until brown. Serve with sour cream sauce. Serves 8.

Potato-Cheese Pudding

2 cups mashed or riced potatoes
Salt
2 tablespoons butter or margarine
2 tablespoons flour
\[ \frac{1}{2} \text{ cup grated Parmesan cheese} \]
\[ \frac{1}{2} \text{ cup grated Swiss cheese} \]
3 eggs, separated
Salt
Nutmeg

Season potatoes to taste with salt. Stir in butter or margarine, flour, cheeses, and milk. Beat in egg yolks, one at a time, Season lightly with salt and nutmeg. Beat egg white until stiff but not dry. Fold into potato mixture. Turn into greased 3½- to 4-cup casserole. Bake at 375°F, for 45 minutes, or until delicately browned. Serve at once. Serves 4.
Cheese Potato Puff
12 medium potatoes
6 tablespoons butter or margarine
2 1/4 cups grated Cheddar cheese

Peel potatoes; cook in salted water until tender. Drain and mash thoroughly. Add butter, cheese, milk, and salt and beat over low heat until butter and cheese are melted. Fold in eggs and pour into a greased 13 x 9 x 2 inch baking pan or dish. Bake in moderate oven, 350° F., for 30 to 40 minutes or until puffy and golden brown. Serves 10. May be made ahead and refrigerated before baking.

Parmesan Double-potato Bake
1/2 package quick hash-brown potatoes
1 can frozen condensed cream of potato soup
1 soup can milk
1 tablespoon instant minced onion
1 tablespoon chopped parsley
Dash pepper
1/4 cup shredded Parmesan cheese

Prepare potatoes according to basic recipe on package. Combine remaining ingredients except cheese. Heat till soup thaws; add to drained potatoes, mixing gently. Turn into 10 x 6 x 1 1/2 inch baking dish. Sprinkle with cheese. Bake at 350° F. for 35 minutes or until lightly browned. Top with parsley. Serves 6.

Herbed Potato-Cheese Pudding
1 cup cottage cheese
1 cup sour cream
2 cups hot mashed potatoes
1 1/2 teaspoons salt
1/2 teaspoon marjoram leaves

Combine first 7 ingredients. Carefully blend in eggs. Turn into a buttered 1-quart casserole. Dot with butter or margarine. Bake at 350° F. for 1 hour, or until firm. Serves 6.
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