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POTATOES

for Successful Meals



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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

Variety	Characteristics and recommended cookery	Source and availability
Russet Burbank (Netted Gem)	Delicious flavor and mealy texture. Bake, mash, or French fry. Tends to fall apart when boiled.	Late fall through early summer. Most grown in Oregon.
White Rose	Boil, cream, hash brown, in salads and casseroles. Holds shape when boiled.	Late winter through July. Most shipped in.
Kennebec	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.	Fall through winter. Spring ones shipped in.
Norgold	Questionable cooking qualities. Boil, hash brown, mash.	Early summer through fall. Shipped in.
Red La Soda	Boil, mash, hash brown, and in salads, creamed dishes, and casseroles.	Late winter through July. Shipped in.

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	1 pound ground beef
2 tablespoons vegetable oil	1 teaspoon salt
2 tablespoons butter or margarine	$\frac{1}{2}$ teaspoon freshly ground black pepper
3 tablespoons chopped onions	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 $\frac{1}{2}$ -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

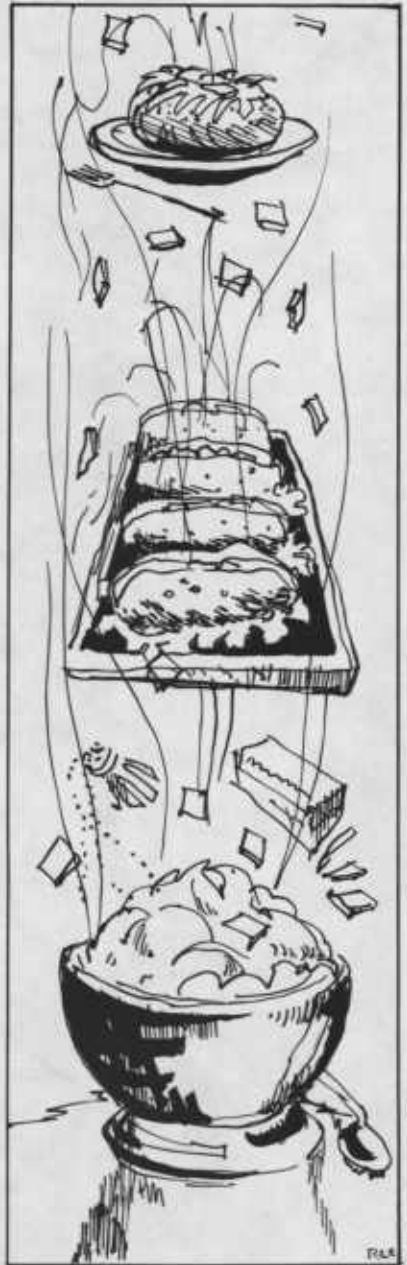
4 large baking potatoes	Bread crumbs
1 stick butter or margarine, melted	

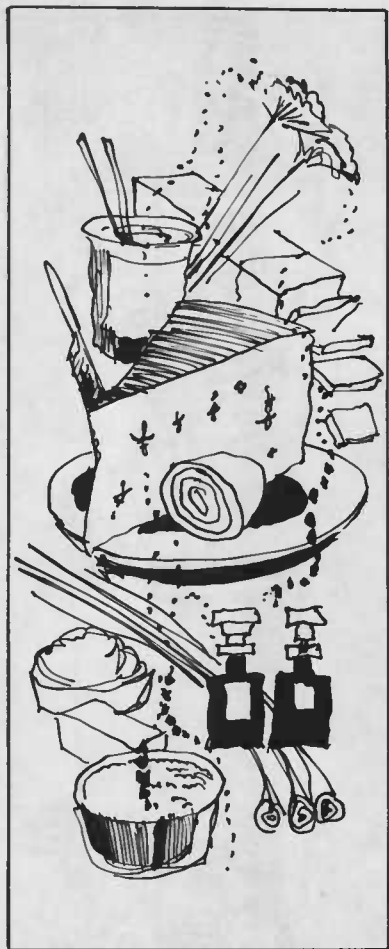
Pare potatoes; roll in melted butter or margarine, then in bread crumbs. Repeat. Bake at 400° F. for 50 minutes to 1 hour. Serves 4.

Festive Mashed Potatoes

4 cups hot mashed potatoes	1 tablespoon grated onion
$\frac{1}{2}$ cup thinly sliced stuffed olives	1 tablespoon chopped parsley

Combine ingredients and season to taste with salt and white pepper. Serves 6.





Toppings for Baked Potatoes

Blue Cheese Topping

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| 1 8-ounce carton yogurt | $\frac{1}{2}$ teaspoon salt |
| $\frac{1}{4}$ teaspoon onion salt | 2 tablespoons blue cheese, crumbled |

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

Cheese Sauce

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| $\frac{1}{2}$ cup dairy sour cream | 2 tablespoons chopped green onions |
| $\frac{1}{4}$ cup soft butter or margarine | |
| 1 cup shredded sharp process cheese | |

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

Herb Cottage Cheese Topping

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| 1 cup low-calorie cottage cheese | $\frac{1}{2}$ teaspoon dill weed |
| 2 tablespoons butter-milk | $\frac{1}{2}$ teaspoon tarragon |
| | $\frac{1}{2}$ teaspoon salt |
| | $\frac{1}{4}$ teaspoon garlic salt |

Combine ingredients and mix thoroughly. Makes 1 cup.



Potato-Ham Casserole

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| 2 tablespoons butter or margarine | 4 hard cooked eggs, sliced |
| 2 tablespoons flour | $1\frac{1}{2}$ cups diced cooked ham |
| $1\frac{1}{2}$ cups milk | 1 green pepper, cut in slivers |
| 1 teaspoon salt | $1\frac{1}{2}$ cups grated cheese |
| $\frac{1}{8}$ teaspoon pepper | $\frac{1}{2}$ cup bread crumbs |
| 6 medium-sized potatoes, diced | |

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

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| 2 medium onions,
minced | $\frac{1}{2}$ teaspoon celery salt |
| 2 tablespoons bacon fat | 2 teaspoons salt |
| 2 cups diced potatoes | $\frac{1}{4}$ teaspoon pepper |
| 3 cups water | 4 cups milk |
| $1\frac{1}{2}$ cups canned or
fresh cooked crab
meat or clams | $2\frac{1}{2}$ 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

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

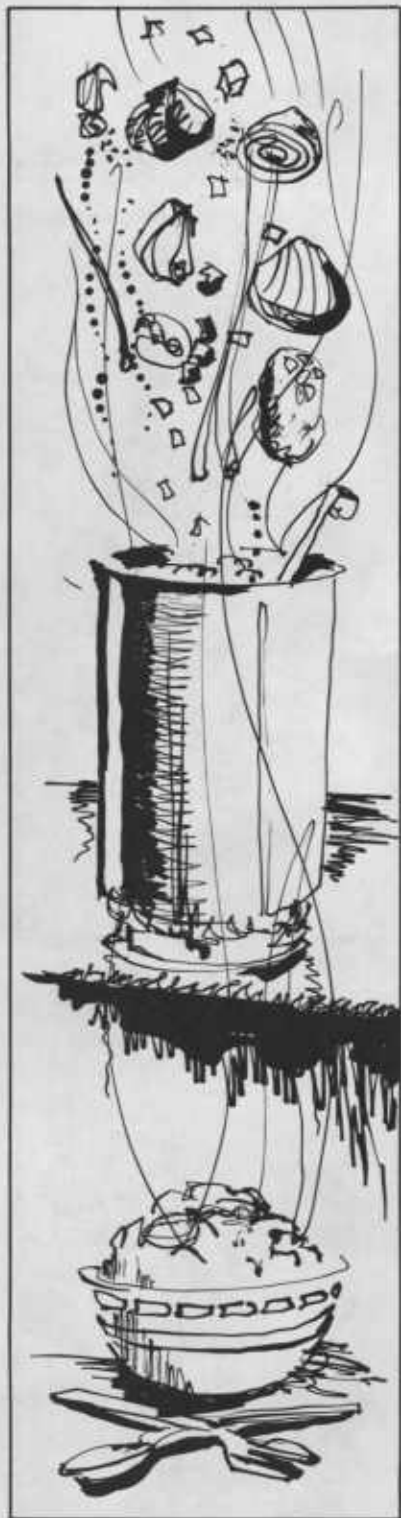
Chop the white part and about 2 inches of the green part of onions. Chop mature onion coarsely. Cook onions in butter or margarine in a heavy pan until soft but not brown. Add potatoes, salt, and 1 quart water. Cover, bring to a boil, and cook for 30 minutes or until tender. Put mixture through food 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)

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| 4 cups cubed boiled
potatoes | 1 cup mayonnaise |
| 1 to $1\frac{1}{2}$ teaspoons salt | $\frac{1}{2}$ teaspoon marjoram |
| $\frac{1}{2}$ cup chopped onion | Pinch of thyme |
| $\frac{1}{4}$ cup chopped celery | $1\frac{1}{2}$ teaspoons vinegar |
| 2 tablespoons chopped
green pepper | (Omit if salad dressing
is used instead of may-
onnaise.) |

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

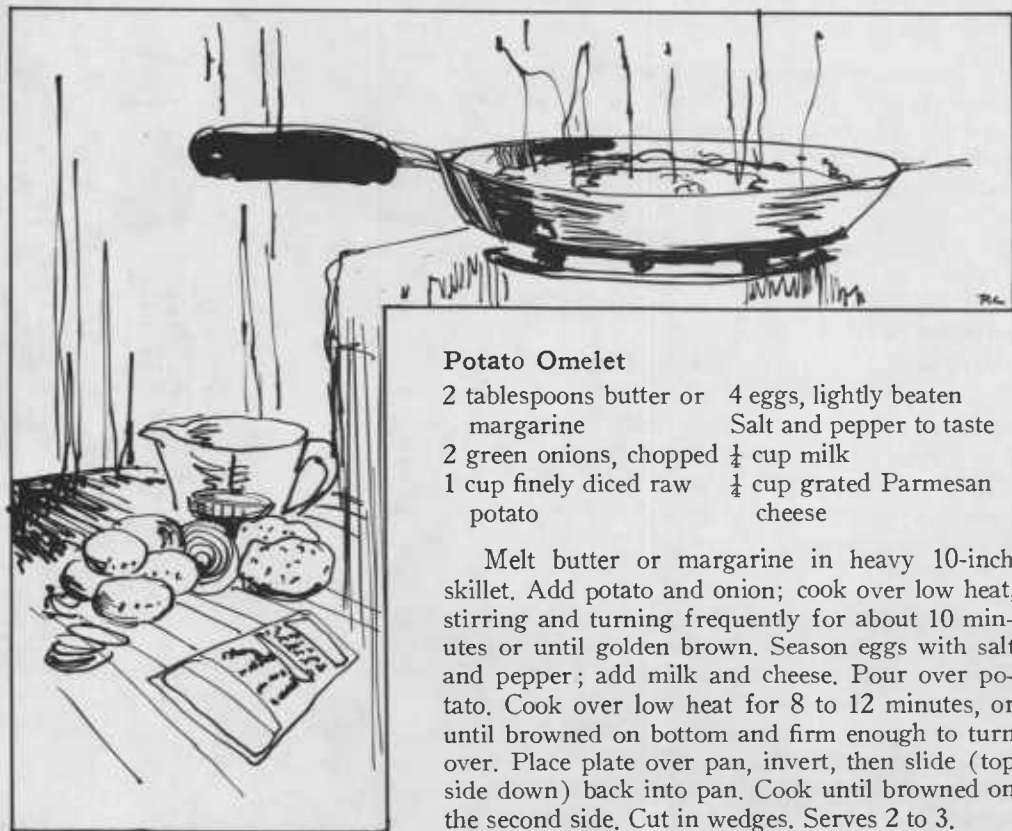




Potato Cake

2 cups sifted flour	3 squares chocolate, melted
2 cups sugar	1 cup cold mashed pota- toes
3 teaspoons baking powder	$\frac{1}{2}$ cup milk
$\frac{3}{4}$ teaspoon salt	3 eggs
$\frac{1}{4}$ teaspoon each cloves, nutmeg, allspice, and cinnamon	$1\frac{1}{2}$ teaspoons vanilla
$\frac{3}{4}$ cup butter or mar- garine	$\frac{1}{4}$ teaspoon lemon extract
	$\frac{1}{2}$ cup raisins
	$\frac{1}{2}$ cup chopped nuts

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 potato	$\frac{1}{2}$ cup milk
	$\frac{1}{2}$ 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 ½ cup thinly shaved processed cheese
½ cup milk 1 tablespoon finely cut parsley
1 tablespoon butter or margarine 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 ¼ teaspoon paprika
3 cups mashed potatoes 1 egg, beaten
1 small onion, minced Bread crumbs
2 eggs, well beaten Sour cream, seasoned
1 teaspoon salt to taste with horse-
¼ teaspoon pepper radish

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 ½ cup grated Parmesan cheese
Salt ¾ cup milk
2 tablespoons butter or margarine 3 eggs, separated
Salt
2 tablespoons flour Nutmeg
½ cup grated Swiss cheese

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

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| 12 medium potatoes | 1 to 1½ cups milk |
| 6 tablespoons butter or margarine | ¾ to 1 teaspoon salt |
| 2½ cups grated Cheddar cheese | 2 eggs, beaten |

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

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| ½ package quick hash-brown potatoes | 1 tablespoon chopped parsley |
| 1 can frozen condensed cream of potato soup | Dash pepper |
| 1 soup can milk | ½ cup shredded Parmesan cheese |
| 1 tablespoon instant minced onion | |

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 1½ 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

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| 1 cup cottage cheese | 2 tablespoons instant minced onion |
| 1 cup sour cream | |
| 2 cups hot mashed potatoes | ½ teaspoon garlic powder |
| 1½ teaspoons salt | 2 large eggs, well beaten |
| ½ teaspoon marjoram leaves | 2 tablespoons butter or margarine |

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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