

TSEBO

World Potato Day



Yours in nutrition, Annelize Zeelie



Potatoes

It's hard to believe the ever popular and highly nutritious potato was once thought to be poisonous. Today, many different varieties of red-, brown- and yellow-skinned potatoes compete for space on our plates.

The humble spud is one of the most popular foods of the western world. The word 'potato' comes from the Caribbean word batata, which means sweet potato. The potato is part of the same family as the tomato, eggplant, pepper and deadly nightshade.

Potatoes are high in vitamin C, potassium, and fiber. Whether they are boiled, baked, sauteed, roasted or fried they are a filling and nutritious staple for millions throughout the world.

Packed into one medium-large baked potato (150g):

- Less than 710 kilojoules
- Plenty of potassium to help maintain normal blood pressure
- More than one-third the daily requirement for Vitamin C
- Insoluble fiber for better digestion
- Flavonoids and other protective phytochemicals, especially in its skin



Glycemic Index of potatoes

To understand how a complex carbohydrate-rich food like a potato acts in your body, you need to know its glycemic index (GI).

The glycemic index is a scale that ranks carbohydrates from 0 to 100. The higher a food's number, the faster it raises your blood sugar level. Low GI foods release sugar slowly into your body, giving it more time to store or use it. Your body digests foods that rate high on the scale faster than low ones.

- High GI foods have a rating of 70-100.
- Medium GI foods have a rating of 55-69.
- Low GI foods are 55 or below.

Potatoes fall in the high GI category. A cup of them can affect your blood sugar in the same way a can of fizzy drinks would. One study found that women who ate a large number of potatoes raised their risk of diabetes. Replacing them with whole grains cut their risk. Bottom line: If you pile potatoes on your plate, it means a higher chance you'll create blood sugar issues.

A potato's glycemic index changes depending on how you prepare it. Some examples include:

Baked potato: 111

Boiled potato: 82

Instant mashed potatoes: 87

French fries 73



Glycemic Load

Another important measure of how this vegetable can crank up your blood sugar is the glycemic load (GL). While glycemic index tells you how quickly your blood sugar will rise with certain foods, glycemic load helps you know how high it will go.

To get this number, you multiply the glycemic index rating by the grams of carbs in the food and divide by 100. You can rate your food's glycemic load on the following scale:

- High is 20 and over.
- Medium is 11-19.
- Low is 10 and under.

Baked Russet potatoes have a GL of a whopping 33. A white boiled potato has a GL of 25. Both are higher GL ratings than a serving of jellybeans or a doughnut.



10 Ways to lower the GI of potatoes

The glycemic indexes are calculated based on eating a food in isolation. What is more relevant is what happens when you eat a meal. There are several food combinations that significantly lower the glycemic index of potatoes. In other words, you can slow the rate of digestion down when you eat potatoes with other foods. To lower the overall GI of potatoes, eat them with:

- Fat - Olive oil, butter, sour cream or avocados will lower the GI. This makes a fully loaded baked potato interesting again.
- Acid - Vinegar, citrus or salsa lowers the GI of a potato.
- Protein - Eating potatoes in combination with protein also lowers GI, making steak and potatoes a better choice than potatoes alone.
- Fiber - Adding other fiber-rich foods to a potato slows down digestion and lowers GI. So eat a romaine or kale salad with your potatoes.
- Other low GI foods - Eating a combination of foods, including lower GI foods, reduces the combined GI load of a meal that includes potatoes.
- Eat the skin - Eating the skin of the potato not only adds vitamin C, but also fiber, and fiber helps lower the GI index.
- Cook and cool - An interesting study found cooking a potato and then cooling it before you eat it also lowers GI, even if you later reheat the potato.
- Boil - Boiling a potato results in a lower GI than baking.
- Waxy potatoes have lower GI than floury Russet potatoes.
- Sweet potatoes have even lower GI.



At the Market

Season:

Potatoes are available throughout the year. Varieties to look out for include new (Nicola), baking (Fianna), red-skin (Lady Rozetta) and all-purpose potatoes.

What to look for:

Choose potatoes that are firm, dry and well-formed, with no blemishes, cuts, cracks or sprouted eyes. Avoid potatoes with green skin, which indicates the presence of a toxin that develops when potatoes are exposed to light.



In the Kitchen

Storing:

Keep potatoes in a cool, dry place with good air circulation. Unlike more mature potatoes, new potatoes don't store well and should be kept in the refrigerator for use within a week of purchase.

Prep:

Scrub potatoes well before cooking. Cut off and discard any sprouted areas. Peel if desired, but most can successfully be used without peeling.

Did you know...

That potato skins are richer in B vitamins, fiber, iron, calcium, phosphorus, potassium and zinc than the flesh of the potato?



Basic cooking:

Potatoes can be boiled, baked, roasted, fried, mashed, microwaved or cooked in the coals. When boiling, start them in boiling water to preserve their vitamin C content. Whole small potatoes take 10-15 minutes, while larger potatoes will take 20-30 minutes, depending on their size. Sliced potatoes need 15-20 minutes cooking time. To microwave, pierce whole potatoes several times, then wrap in paper towels. Four potatoes will take about 8-15 minutes on high. To bake in the oven, pierce the potatoes and bake at 190°C for 45-60 minutes.



Best recipe:

The ultimate comfort food is mashed potatoes – everyone loves them. Add a special twist to this classic favourite with garlic and cheese. In a saucepan of boiling water, cook 1kg of peeled, thinly sliced baking potatoes and 6 peeled cloves of garlic until tender. Drain and mash with 70ml low-fat buttermilk, 175ml grated Cheddar cheese, 3.5ml salt and 2.5ml paprika. Serves 6.



Fresh ideas:

- Add potatoes to soups and, once cooked, mash some of them to thicken the soup without adding extra flour.
- Make a festive potato salad with unpeeled red potatoes.
- Substitute mashed potatoes for some of the oil in a salad dressing. Then add chopped garlic and lemon juice or vinegar and whisk until smooth. The dressing will have a creamy texture.
- Bind meat loaf or hamburger patties with small cubes of cooked potato instead of using breadcrumbs.
- Top a baked potato with a healthy mixture of reduced-fat sour cream and your favourite fresh herbs, such as dill, parsley or chives, as well as salt & pepper.



Vegan Potato Lentil Patties

SERVES 10

Ingredients:

- Potatoes - 1kg
- Red lentils - 100g
- Olive/canola oil - 10ml
- Onions, finely chopped - 1ea
- Garlic, crushed - 1 clove
- Aqua faba, beaten lightly - 3 Table Spoons
- Fresh chives, finely chopped - 25ml
- Fresh basil leaves, finely shredded - 12,5ml
- Vegan Parmesan cheese, finely grated - 125ml

Method of Preparation

1. Boil, steam or microwave the potatoes until soft, drain, mash.
2. Place the lentils in a large pan of boiling water; simmer, uncovered, about 8 minutes or until tender. Drain, rinse under cold water; drain.
3. Heat oil in a pan; cook onion and garlic until soft.
4. Combine potato, lentils, onion mixture, aqua faba and herbs in a bowl and mix well.
5. Using hands, shape mixture into 12 patties; refrigerate until firm (Can be made ahead to this stage. Cover, refrigerate until required).
6. Place patties on a baking-paper-lined oven tray; sprinkle with parmesan cheese.
7. Bake in moderately hot oven about 30 minutes or until browned. Serve with chilli sauce.



Infused Mashed Potatoes

Mustard Mash

Ingredients:

- Potatoes, peeled
- Fat Free Milk - 4 Table Spoons
- Low Fat Cheese, grated - 2 Table Spoons
- Nutmeg - 1/4 Tea Spoon
- Lemon Juice - 2 Table Spoons
- Mustard Sauce - 4 Table Spoons
- Water - 1 Cup

Method of Preparation:

1. Cut potatoes into quarters and place into a suitable pot.
2. Add water, bring to boil and cook until potatoes are soft.
3. Drain of water and allow potatoes to steam off.
4. Add milk, cheese, mustard and nutmeg and mash until smooth and fluffy.
5. Add lemon juice and mix well.
6. Present and garnish.

Garlic Mash

Ingredients:

- Potatoes, peeled
- Fat Free Milk - 4 Table Spoons
- Garlic, fresh and sliced - 2 Table Spoons
- Lemon Juice - 2 Table Spoons
- Water - 1 Cup

Method of Preparation:

1. Cut potatoes into quarters and place into a suitable pot.
2. Add water, bring to boil and cook until potatoes are soft.
3. Drain of water and allow potatoes to steam off.
4. Add garlic slices to the milk and warm the milk to just before boiling point.
5. Once warm, remove the pieces of garlic.
6. Add the infused milk mash until smooth and fluffy.
7. Add lemon juice and mix well.
8. Present and garnish as per photograph.

Rosemary & Thyme Mash

Ingredients:

- Potatoes, peeled
- Fresh Rosemary or Thyme - 2 Table Spoons
- Lemon Juice - 2 Table Spoons
- Water - 1 Cup

Method of Preparation:

1. Cut potatoes into quarters and place into a suitable pot.
2. Add water, bring to boil and cook until potatoes are soft.
3. Drain of water and allow potatoes to steam off.
4. Add sprigs or Rosemary OR Thyme to the milk and warm the milk to just before boiling point.
5. Once warm, remove the pieces of herbs.
6. Add the infused milk mash until smooth and fluffy.
7. Add lemon juice and mix well.
8. Present and garnish as per photograph.



Creamy Potato & Mushroom

Serves 4 as a side dish

Ingredients:

- 30ml olive oil
- 2 cloves garlic, crushed
- 250g Highveld open brown mushrooms, sliced
- 30ml fresh Italian parsley, chopped
- 30 ml fresh thyme, woody stalks removed
- 500g baking potatoes, thinly sliced
- 150g leeks, thinly sliced
- salt and freshly ground black pepper to taste
- 250ml fresh cream

Method of Preparation:

1. Preheat the oven to 190°C.
2. Heat the olive oil and lightly fry the garlic and mushrooms together. Stir in the fresh herbs, season to taste and keep aside.
3. Layer half the potatoes and leeks in a greased ovenproof dish, season to taste and top with half of the mushroom mixture. Continue with the remaining potatoes, leeks and mushrooms.
4. Pour the cream over the top, sprinkle with nutmeg. Cover with foil and bake for 60 minutes.
5. Finally mix together the breadcrumbs and Parmesan and sprinkle over the top of the dish, bake uncovered, until the potatoes are cooked and the crumbs golden, about 25 minutes.



Mashed Sweetato

SERVES 10

Ingredients:

- 4 medium potatoes
- 2 medium sweet potatoes
- 1 tin butterbeans (drained)
- 125 ml low fat milk
- 2 ml paprika
- 2.5 ml mixed dried herbs
- 2.5 ml mustard powder

Method of Preparation

1. Peel and dice the potatoes and sweet potatoes and cook together until soft
2. Place the butterbeans and milk in a liquidizer and puree for 30 seconds
3. Add the cooked potato and sweet potato and puree until smooth
4. Add the paprika, herbs and mustard
5. If the mixture is too stiff, add more milk to make it a little softer

Allergens: Milk



Potato Wedges

SERVES 10

Ingredients:

- 4 medium potatoes
- 2 medium sweet potatoes
- 5 ml paprika
- 5 ml chicken spice
- 20 ml canola oil

Method of Preparation

1. Cut the potatoes and sweet potatoes into wedges – do not peel
2. Place the oil and spices into a plastic bag, add the potatoes and sweet potatoes and shake the bag to cover with the oil and spice mixture
3. Place the wedges on a baking sheet and bake in a preheated oven till soft

Allergens: None



Grilled Potatoes (In Foil)

Yield: 2 3/4 CUPS prep time: 5 MINUTES cook time: 30 MINUTES

These easy Grilled Potatoes eliminate 3 common, extra cooking steps. But you still get wonderfully tender, fluffy potatoes with lots of yummy golden-brown spots!

Ingredients:

- 500g red or new potatoes, cut into 1/2 or 1/4
- 1 tablespoon minced garlic
- 1/2 tablespoon extra virgin olive oil
- 3/4 teaspoon salt
- 1/4 teaspoon black pepper
- optional for garnish: chopped fresh parsley

Method of Preparation

1. Place potatoes in the middle of a piece of heavy-duty aluminum foil. If you don't have heavy-duty foil, use a double-layer of thin foil pieces instead.
2. Drizzle and sprinkle all other ingredients on top of the potatoes. Toss the ingredients with your hands or a large spoon, so that the potatoes are evenly coated with the oil, and the garlic, salt, and pepper are evenly distributed throughout.
3. Bring the sides of the foil together and fold tightly 3-4 times to seal the packet in one direction. Then fold the ends 2-3 times to seal the packet in the other direction.
4. Grill the potato packet over medium heat for 30-35 minutes (until potatoes are fork-tender), flipping and gently shaking the packet approximately every 8-10 minutes. (Note that a few potatoes may still stick to the foil and develop roasty brown spots, which is desirable.)
5. Open the pack and gently dislodge any potatoes that have stuck a little, distributing them throughout the rest of the potatoes. Serve immediately, sprinkled with fresh parsley, if desired



Easy Rosemary Roasted Potatoes

These EASY Rosemary Roasted Potatoes are a perfect side dish for everything.

• Ready in 30 Minutes or Less • Vegan (and Vegetarian) • Gluten Free •

Time:

- PREP TIME: 7 minutes
- COOK TIME: 20 minutes
- TOTAL TIME: 27 minutes

Ingredients:

- 500g red potatoes, cut into $\frac{1}{2}$
- 1 tablespoon extra virgin olive oil
- 1 tablespoon crushed rosemary
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{8}$ teaspoon black pepper

Method of Preparation

1. Preheat oven to 190°C.
2. In a medium bowl, combine potatoes, olive oil, rosemary, salt, and pepper, stirring to ensure that potatoes are evenly coated and seasonings are evenly distributed. Transfer potatoes to a large, sheet pan, spreading them out so they aren't piled on each other. (If you prefer, you can toss the ingredients together directly on the parchment-lined baking sheet. Just be sure the oil and seasonings are evenly distributed.)
3. Place potatoes in the oven and roast for 10 minutes.
4. Stir potatoes and continue roasting for about 8-12 more minutes (I usually find 10 is a good amount for small potatoes), until they are cooked through and have developed some gorgeous roasted brown spots.



Black Bean Potato Nachos

Ingredients:

- 700g Maris Piper potatoes or King Edwards potatoes, scrubbed, spiralled into flat ribbons, then cut into round slices
- 2 tbsp olive oil
- 1 tsp smoked paprika
- 100g extra mature cheddar, grated
- 400g can black beans, drained and rinsed
- ½ small pack coriander, roughly chopped

For the red pepper salsa:

- 20g pickled jalapeños, chopped
- 100g roasted red peppers, chopped
- 1 tbsp extra virgin olive oil
- 1 small red onion, finely chopped

Method of Preparation

1. Heat oven to 220C. Line two large baking sheets with baking parchment. Brush the potato slices with oil, season and sprinkle over the paprika. Bake for 10-15 mins until completely crisp.
2. Reduce oven to 200C. Transfer half the crisps to an ovenproof dish, layer with half the beans and cheese, then repeat. Return to the oven for 10 mins until the cheese melts. Meanwhile, mix all the salsa ingredients and season. Top the nachos with salsa and coriander.





For recipe related queries please contact Tsebo Catering Solutions.

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