
Introduction to Potatoes





Types of Potatoes



Potato varieties differ in starch and moisture content, shape, and skin color.

- **High-starch, low-moisture potatoes** are dense because they have a high amount of dry starch. They are best when baked, puréed, or fried. They include Idaho and russet potatoes.
- Sweet potatoes, yams, and russet potatoes are suited to baking, puréeing, and frying. They are high in starch and low in moisture.



Types of Potatoes

- **Medium-starch, medium-moisture potatoes** are versatile.
 - Chef's all-purpose, Yukon gold, and yellow-fleshed potatoes.

- Best for
 - boiling
 - steaming
 - sautéing
 - oven roasting
 - stewing
 - mashing
 - braising



Types of Potatoes

- **Low-starch, high-moisture potatoes** are new potatoes.
- Best for
 - boiling
 - Steaming
 - oven roasting



Types of Potatoes

- Sweet potatoes, yams, and russet potatoes
 - Suited to baking, puréeing, and frying.
- High in starch and low in moisture.



Russet Potato



Sweet Potato



Yams:

Not related to s.p.

More natural
sugar/higher moisture
content

Used interchangeably
with s.p.



Selecting Potatoes



- A wide variety of market options exists when purchasing potatoes. These forms include fresh, frozen, refrigerated, canned, and dried.
- When selecting potatoes, choose potatoes that are firm and smooth.
- Do not accept potatoes with dark spots, green areas, mold, or large cuts.

Storing Potatoes



- Store potatoes in a cool, dry place at temperatures ranging from 45°F to 55°F.
- All potatoes are best stored in ventilated containers in indirect light.



Cooking Potatoes

- The potato is one of the most popular vegetables because it is inexpensive, adaptable, versatile, and tasty.
- Always discard potatoes if you have any doubts about their freshness or safety.
- Potatoes exposed to light may develop a greenish color
 - Although color is harmless, potato contains **solanine** (harmful, bitter-tasting substance)
 - Cut away and discard sprouts and green portions before using potatoes.



Cooking Potatoes

- In the **single-stage** cooking technique, take potatoes directly from the raw state to the finished state by using one cooking method.
 - Examples: Baked or boiled
- In a **multiple-stage** technique, prepare potatoes using more than one cooking method before they are a finished dish.
 - Example:
 - **Lyonnaise**: Potatoes are precooked, sliced, and fried with onions.



Cooking Potatoes



- **Boiling** is one of the easiest methods of cooking potatoes. It is often the first step for other preparations, such as puréed potatoes.
- **Steaming** is an especially good cooking method for new potatoes because of their high moisture content.
- **Baked** potatoes are always served in their skins. The best baking potatoes are Idahos or russets.



Cooking Potatoes



- Scrub all potatoes clean and pierce with a fork before placing in the oven, no matter the technique.
- For **en casserole** potato dishes, combine peeled and sliced raw potatoes with heavy cream, sauce, or uncooked custard.
- Chef 's potatoes are the best for sautéing.
- Deep-fry potatoes to make French fries, cottage fries, steak fries, and many other fried potato dishes.

Cooking Potatoes



- Make potato pancakes with grated potatoes and other ingredients. Pan-fry them to a crispy brown.
- Puréed potatoes are the basis of many popular dishes, including mashed or whipped potatoes, duchesse potatoes, and potato croquettes.
- Whenever possible, cook potatoes in their skins to retain their nutrients.

