

Preparation & Recipe Guide

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Preparing Potatoes

Mashed Potatoes

Tips: Cook the potatoes with several peeled garlic cloves, then mash with garlic as usual; Use baked potatoes for mashed potatoes instead of boiled; For lighter mashed potatoes, beat in more milk and leave out the butter.

Don't overbeat - overbeating can cause starchy, sticky mashed potatoes; Use leftover mashed potatoes to thicken soups and sauces, or dip in beaten egg and crumbs, refrigerate for an hour, and fry until crispy; Beat in herbs, seasonings, roasted garlic, minced vegetables, or grated cheese for added flavour and colour.

Roast Potatoes

Tips: Toss potatoes (small, halved or medium to large ones cut in quarters or eighths) in olive oil, or a melted butter and oil combination. Roast for 1 to 1 1/2 hours in a preheated 375F degree oven or until golden brown outside and fork-tender inside. Turn often for uniform browning and crispness.

Baked Potatoes

Tips: Stand potatoes on end in muffin tins if baking several or skewer a potato with an aluminium baking pin to cut baking time in half (DO NOT USE in a microwave oven. For crispier skins, bake at 425F degrees for 45 to 60 minutes.



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Got the Blue's Potato Minestrone Soup

- 2 Snyder's Gourmet Blue Potatoes diced
- 7 cups water or vegetable stock
- 2 cubes vegetable or chicken boullion (optional)
- 2 cups spinach chopped
- 2 carrots diced
- 2 tomatoes diced
- 2 stalks celery diced
- 3 cloves garlic minced
- 1 onion diced
- 1/2 head cabbage
- 2 bay leaves
- 2 cans mixed beans drained
- 1 jar pesto sauce (*or see recipe right*)
- 1 stick crusty bread
- freshly grated parmesan cheese
- 2 tablespoons olive oil
- salt and pepper

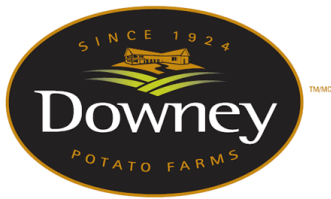
Pesto Sauce

- 1 small bunch parsley
- 1 small bunch basil
- 2 cloves garlic
- 1/4 cup pine nuts
- 1/4 cup parmesan cheese
- 1/4 cup olive oil
- salt and pepper to taste

In a blender add garlic and olive oil and chop. Add washed parsley and basil and blend until minced. Add parmesan cheese and more oil or a little water if sauce is too thick. Salt and pepper to taste.

Slightly saute the garlic, onions, carrots and celery in the oil for a few minutes over medium heat. Add water (or stock) and boullions and bring to a boil. Add the potatoes, cabbage, spinach and tomatoes and simmer until the potatoes are tender, approximately 15-20 minutes. Stir in the beans and allow to simmer for at least 10 minutes to blend flavours. To serve add a teaspoon of pesto to each bowl and garnish with a sprinkle of parmesan cheese and serve with crusty bread.

Hint: Don't be afraid to substitute or add vegetables of your choice, including leftovers you may have in your fridge. Swiss chard, kale or endive can be used instead of or in addition to the spinach.



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Spicy Sicilian Red Potato Salad

- 2 lbs Snyder's Gourmet Red Potatoes
- 1/4 cups wine vinegar
- 5 tablespoons extra virgin olive oil
- 3 tablespoons chopped parsley
- 1 clove garlic crushed
- 1 tin marinated (unsalted) anchovies
- 2 tablespoons capers minced
- 1/2 cup black olives pitted and chopped
- 1 banana pepper sliced
- salt and freshly ground pepper

Wash and boil Snyder's Gourmet Red Potatoes in their skins in a large deep pot for 20 minutes or until tender. Remove from pot and put in a large bowl to cool.

When potatoes are cool enough to handle peel them and cut into chunks and place in a large flat clay or earthenware platter or dish. Something appropriate and large enough to marinate the salad.

Mix together in another bowl the oil and vinegar, season with salt and pepper. Add the parsley, capers, olives, and garlic and gently toss together. Pour mixture over potatoes, carefully toss again and garnish with banana pepper slices and anchovies. Cover with cloth or paper towel and let sit for at least 10 minutes before serving. This salad should not be hot or cold but rather luke warm.

If you were unable to find marinated anchovies - marinate a few of your own. In a small dish add 1 tin of salted anchovies, sprinkle the anchovies with equal parts of balsamic or wine vinegar and water and let sit for 10 minutes - drain and use. If the anchovies are fresh, you may wish to clean and debone the anchovies before using them.



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Absolutely Nutty Baby Red Spud Salad

- 2 lbs Snyder's Gourmet Baby Red Potatoes
- 1 tablespoons walnut oil
- 1 tablespoon hazelnut oil
- 5 tablespoons canola or safflower oil
- 1 lemon juiced
- 3 tablespoons balsamic vinegar
- 1/4 cup walnuts
- 1/4 hazelnuts chopped
- 1/4 cup dried currant or raisins
- 1 small jar marinated red peppers sliced
- 1/4 cup parsley chopped
- salt and freshly ground pepper

Wash and boil Snyder's Gourmet Baby Red Potatoes in their skins in a large deep pot of salted water for 10-15 minutes or until tender. Remove from pot and put in a large bowl to cool.

Meanwhile mix the walnut and the safflower oil with the lemon juice and balsamic vinegar. Toss in the currants and allow to marinate for 10 minutes for flavours to blend.

Place potatoes in a large clay platter or earthenware dish. Pour dressing over potatoes and let sit for a few minutes, then top with chopped walnuts, red pepper slices and chopped parsley and serve. This salad goes great with cold roast beef or ham.

Don't be afraid to experiment especially if a particular food is not available or food allergies are a concern. Substitute the walnut or hazelnuts for pecans or pistachios or omit them all together and use celery or carrot for something crunchy. Use basil instead of parsley.



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Snyder's Baked Potatoes with Two Kinds of Stuffings

- 4 Snyder's Gourmet Gold Rush Bakers Potatoes

Broccoli Stuffing:

- 2 cups broccoli chopped
- 1/2 cup milk (use skim for low fat)
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 1/4 cups medium cheddar grated

Corn and Mushroom Stuffing:

- 1 can creamed corn
- 1 can mushrooms sliced
- 1 onion
- 1/4 cup milk
- 1 cup cheddar cheese grated
- 1 teaspoon dried Italian herbs
- olive oil or butter
- salt and pepper to taste

Bake 4 Snyder's Gold Rush Bakers Potatoes in the oven at 350° F (175°C) for 25 minutes or until tender.

Cut 2 Gold Rush Potatoes in half lengthwise after baking and gently scoop out the fleshy pulp into a bowl, leaving shells 1/4 (5mm) thick. Mash potatoes and slowly add 1 cup of cheese (reserve 1/4 cup for later) a little at a time while potatoes are hot. Mix in milk and add salt and pepper. Stir in chopped broccoli.

In another bowl add the pulp of the other 2 baked potatoes and mash, add milk and mash until smooth. In a frying pan saute onion in a small amount of butter or oil until translucent and add mushrooms and cook for a few minutes. Add corn and stir in cheese until melted. Gently stir in mashed potatoes, and add herbs, salt and pepper to taste.

Stuff each potato skin with as much of the stuffing as it will hold. and top with a sprinkle of the remain cheddar and place on an ungreased baking sheet. Bake in 350°F (175°C) oven for 20 minutes until heated through. Makes 8 serving as a side dish or 4 servings as a main dish.

Hint: Use mozzarella or gouda for a milder taste.



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Double Trouble (but oh so worth it!) Baby White Potatoes with A•oli

- 20 Snyder's Gourmet Baby White Potatoes
- 1 egg yolk
- 1 1/4 cups extra virgin olive oil
- 2 tablespoons lemon juice
- 1 clove garlic crushed
- 1 teaspoon dijon mustard
- vegetable or canola oil for deep-frying
- salt and freshly ground pepper

This dish is called Double Trouble because the potatoes are cooked twice.

Wash and boil unskinned Snyder's Gourmet Baby White Potatoes in some salted water for 5 minutes. Cover pan, turn off heat and let them sit in the water for an additional 15 minutes. Drain and set aside to cool and dry on a paper or cloth towel.

The a•oli can be made by hand or in a food processor. Put the egg, mustard and a pinch of salt in a food processor and blend (or by hand beat). Keep processor blending and begin to, a drop at the time, add the olive oil. Then slowly incorporate more oil by adding it in a thin stream until it is all added. Then add lemon juice, salt, pepper and garlic, blend.

Heat a deep frying pan with at least 1/2 inch of oil until the oil is very hot. Add potatoes and fry quickly constantly turning until skins are crisp and golden. Drain on paper towels and season with salt and pepper. Serve hot with a•oli. Makes a delicious side dish to serve with beef or poultry.

Hint: Fold in a 1/4 cup of chopped pimento, bacon bits, or chopped pickle into the a•oli for some variation.



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Italian Potato Frittata

- 8 small Snyder's Gourmet White potatoes
- 6 eggs
- 1 onion, sliced
- 2 cloves garlic
- 2 red or green pepper, cleaned and sliced
- 1 small bunch basil, chopped or sliced thinly
- 2 tablespoons olive oil
- salt and pepper

Boil potatoes in their skins in some salted water until tender. Remove from heat, drain and cool slightly, peel and cut the potatoes in thick slices.

Beat together in a large bowl, the eggs, salt, pepper and the basil and set aside.

Heat the oil in a large skillet and add the onions, peppers and garlic, saute over medium heat for a few minutes and add potatoes, season with salt and pepper and continue cooking for 6 or 7 minutes, or until the potatoes are golden.

Pour in egg mixture over vegetables and gently shake the skillet to allow the egg mixture to leak through.

Turn on the broiler while you wait 2-3 minutes for the egg to slightly set and then complete the cooking in a hot broiler until top is set. Or use a plate and gently slide the egg frittata out of the skillet onto a plate and then flip it to cook the other side for a few minutes.

Serve it with a green salad for a fast hearty meal or as a side dish for fish or poultry. Also makes a great sandwich cold, that is if there is any left over.



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No Foolin' Garlicky Baby Yukon Golds

- 2 lbs Snyder's Gourmet Baby Yukon Gold Potatoes
- 3 tablespoons olive oil
- 1/4 cup butter cold
- 2 heads garlic
- 1/2 teaspoon paprika
- salt and freshly ground pepper

Wash Snyder's Gourmet Baby Yukon Gold Potatoes and place, in their skins, in a large deep pot of salted water. Bring to a boil and drain.

Heat oven to 475°F. Peel garlic heads of outer skin but do not peel the individual cloves, just remove them from the head and leave the fine skin on the individual cloves. Heat oil in a frying pan and add potatoes and garlic, season with salt and pepper and toss until everything is coated in oil and place the coated garlic, potatoes and oil in a roasting pan. Cut butter into pads and place on top of potatoes and garlic. Sprinkle with paprika, cover and place in heated oven.

Roast potatoes in a heated oven for 10 minutes. Remove from oven, sprinkle with salt and the rest of paprika and continue roasting at 400°F for another 30-40 minutes. Potatoes will brown more evenly if they are gently turned every 10 minutes of cooking. Take off the cover for the last 10 minutes of cooking.

Hints: This recipe can be added to easily for some colour and variation. Add some carrots and small onions. This dish is great with roast chicken or pot roast.



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Snyder's Low-Fat Scalloped Potatoes

- 2 or 3 Snyder's Gourmet Yukon Gold Potatoes
- 1 1/2 cups skimmed milk
- 2 tablespoons flour
- 1/2 teaspoons salt
- 1/4 teaspoons garlic powder
- 1/4 teaspoons cayenne pepper
- 2 chopped green onion (optional)
- 1/2 cup shredded low fat cheddar cheese
- dab butter or oil

Wash, peel and slice Snyder's Gourmet Yukon Gold Potatoes thinly, sprinkle a bit of salt on them and toss them in a large bowl.

In a small saucepan, combine 1 cup of milk, salt, garlic powder and cayenne pepper and simmer on low. In a small dish or cup add flour and then add remaining 1/2 cup of milk slowly mixing the flour to make a creamy paste. Add this mixture while stirring to the rest of the milk and bring to a boil on medium heat while constantly stirring and remove from heat when the sauce thickens.

Layer a lightly buttered or oiled casserole dish with potato slices. Spoon half of sauce over slices and repeat with remaining potatoes and sauce.

Cover and bake in oven preheated at 350 degrees for 40 minutes to 50 minutes. Remove from oven and sprinkle with cheddar cheese and return to oven for last 10 minutes of cooking or until top is golden.