

# Potatoes - boiled

(U.K.<sup>1</sup>) This is basic energy food.

Servings: I use 125g per person.

## Ingredients

250 g organic local potatoes

pinch of salt

## Method

Peel the potatoes and cut into pieces the size of half of a lemon.

Boil enough water to cover the potatoes and add a pinch of salt.

Boil the potatoes until cooked. they are done when you can easily pierce them with a sharp knife. This is usually about 20 minutes.

Drain.

Serve.

## Variation

Cut smaller and the potatoes cook faster.

Use in potato salads such as

Nuns salad<sup>2</sup>,

Popular potato salad<sup>3</sup>,

Potato Gratin<sup>4</sup>.

## Mashed Potatoes

Drain the potatoes and mash with a potato masher.

Add 60 ml / 2 tbsp margarine and 60ml / 2 tbsp milk to give the potatoes consistency and flavour.

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<sup>1</sup><http://www.fairtradecookbook.org.uk/countries/england.htm>

<sup>2</sup>[http://www.fairtradecookbook.org.uk/recipes/nuns\\_salad.htm](http://www.fairtradecookbook.org.uk/recipes/nuns_salad.htm)

<sup>3</sup>[http://www.fairtradecookbook.org.uk/recipes/potato\\_salad.htm](http://www.fairtradecookbook.org.uk/recipes/potato_salad.htm)

<sup>4</sup>[http://www.fairtradecookbook.org.uk/recipes/potato\\_gratin.htm](http://www.fairtradecookbook.org.uk/recipes/potato_gratin.htm)