

Jacket Potatoes

U.K.¹ This is basic energy food.

Servings: I use one medium to large potato per person.

Ingredients

organic local potatoes
butter

Hot fillings:

Tomato Salsa³
Baked Beans⁴

Cold fillings:

Cheese and Onion⁵
Soya Bean Pate⁶
Hummus⁷
Raita⁸
Tuna and Sweetcorn⁹

Method

Pre-heat the oven to Gas Mark 7².

Scrub the potatoes and pierce the skins all over with a fork.

Put the potatoes in the oven directly onto the oven shelf.

Roast for 90 minutes.

Check by piercing the largest potato with a sharp knife. The knife should go in very easily.

If not ready roast longer.

Potatoes at Gas Mark 7 are very hot, so if using the oven for something else as well, move the jacket potatoes down to the bottom, whilst you finish the other cooking.

To serve

With butter.

Party food

As party food (nice on cold days) provide a selection of fillings, suggestions are:

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

²<http://www.fairtradecookbook.org.uk/pages/recipes.htm#conversions>

³http://www.fairtradecookbook.org.uk/recipes/mexican_tomato_sauce.htm

⁴http://www.fairtradecookbook.org.uk/recipes/baked_haricot_beans.htm

⁵http://www.fairtradecookbook.org.uk/recipes/cheese_and_onion.htm

⁶http://www.fairtradecookbook.org.uk/recipes/soya_bean_pate.htm

⁷<http://www.fairtradecookbook.org.uk/recipes/hummus.htm>

⁸<http://www.fairtradecookbook.org.uk/recipes/raita.htm>

⁹http://www.fairtradecookbook.org.uk/recipes/tuna_and_sweetcorn.htm