

# Roast Potatoes

U.K.<sup>1</sup>

Servings: I use 120g per person.

Actually what I do is by eyeball, i.e. I prepare what looks like as much vegetable as makes a portion for each of the people at the table. This is because carrots and potatoes etc. vary in size and are not easily weighed to measure.

## Ingredients

It is traditional to use goose fat rather than olive oil, but there are no Fair Trade Geese, and the Zaytoun Oil is excellent.

potatoes

20 ml Zaytoun **FAIRTRADE** olive oil

## Method

Peel the potatoes and cut into pieces the size of half of a lemon for boiled or mashed.

Peeling is important as the green stuff under the skin is poisonous (according to the books anyway).

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

Par-boil the potatoes for 5 to 10 minutes.

Drain the potatoes and put into a bowl with the olive oil. Shake the bowl to get the potatoes covered in oil.

Then place the potatoes on an oiled roasting tray and roast in the oven at Gas Mark 6 for 40 minutes, (or longer) if you want them to look nice and brown.

## To serve

With a Sunday roast.

## Variation

See special vegetables<sup>2</sup>.

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

<sup>2</sup>[http://www.fairtradecookbook.org.uk/recipes/special\\_vegetables.htm](http://www.fairtradecookbook.org.uk/recipes/special_vegetables.htm)