

# Chef Todd Mohr's Web Cooking Classes.com

## Week 40 & 41 Potatoes

The eating habits of most nations place a great deal of importance on starches. In North America and Europe, the most important of these foods are potatoes, rice, pasta, and bread. Starches appear at nearly all our meals

### Checking for quality of potatoes

- Firm and smooth, not soft or shriveled
- Dry skins
- Shallow eyes
- No sprouts, sprouting potatoes are high in sugar
- No green color – green color shows stored in light
  - Solanine – has bitter taste and is poisonous in large quantities. All green parts should be cut off before cooking
- no cracks, blemishes or rotten spots

### Storing

- Keep in a cool, dry place 55 – 60 degrees
- Do not refrigerate
  - Cold temps turn starch into sugar
- New potatoes do not keep very well

### Market forms

- fresh, unprocessed
- peeled, treated to prevent browning
- canned whole, cooked
- french fries, blanched in deep fat and frozen
- other products, prepared and frozen
  - hash browns, puffs, shells
- dehydrated

### Cooking potatoes

#### Boiling and steaming potatoes

- Start in cold water to assure even heating
- Never rinse in cold water, makes them soggy

#### Baking

- select russets or other regularly shaped starchy potato
- scrub well and pierce end for steam to escape
- rub lightly with oil for crisp skins
- place on sheet pans in 400 degree oven
- done potatoes will yield to gentle pressure

#### Baked “en casserole”

#### Scalloped potatoes

#### Sauteeing and pan frying

- mixed or tossed while cooking
  - home fries, risole, parisienne, noisette, chateau, fried
- cooked and served in compact cakes
  - potato pancakes, macaire, hashed browns

#### Deep frying

- potatoes fried raw
  - includes french fries and potato chips
  - high starch content potatoes give golden color
- preparations made from cooked, pureed potatoes
  - Dauphine, Lorette, Duchess

#### French Fries

- Blanched at lower temperature first

### Types of potatoes

#### Waxy or New potatoes

- High moisture content, high sugar content, low starch content
  - Usually small and round in shape with thinner skin
  - Flesh is white, yellow or blue or purple
  - Skin is white, red, yellow or blue
  - Holds shape well when cooked
  - Used for boiling whole, salads, soups, hash browns, Any preparation where potato must hold its shape
  - Do not use for deep frying
- High sugar content causes dark streaks and poor texture

#### Mealy or starchy potatoes

- High starch, low moisture and sugar
- Light, dry, and mealy when cooked
  - Russets or Idahos
  - Long, regularly shaped with rough skin
  - Ideal for baking and french fries
  - High starch content produces even, gold color
  - Less trim loss due to regular shape

#### All purpose (chef potatoes)

- Not as dry or starchy as russets
- Suitable for most purposes
- Excellent for mashing or pureeing