

WASHINGTON'S
BEST

Culinary Student Recipe Contest Winners



Potato Tips

Start with Washington Russets, reds, yellows, whites or purples, or use any of the myriad of forms of processed Washington potatoes. Eighty seven percent of Washington's potatoes go into processing, so you'll find them as French fries (matchstick, steak, waffle and other forms), wedges, diced or shredded hash browns.

TO PEEL OR NOT TO PEEL.

The choice is yours. Some cooks prefer to peel Russets for mashing or for croquettes, others like the texture and color of the flecks of brown skin. You can peel red, or other potatoes, for salads, stews or for smashing, or not. The peel does add some extra fiber and flavor.

BEST WAY TO BOIL SPUDS.

Scrub and peel or not, as you wish. Cut into 3-inch or so chunks and place in a large saucepan or pot. Cover with cold water. Add some salt. Heat to boiling, then reduce heat to simmer. Cover and cook 15 minutes or so, until tender. The cold water start cooks the spuds more evenly.

STORING POTATOES.

NOT in the fridge and **NOT** under the sink. Potatoes keep best in a cool (50°F) dark place – such as a basement or garage, as long as they don't freeze.

GREEN IS NOT GOOD.

Sometimes potatoes have a green tinge, just underneath the skin. Just peel the green area off, along with the peel.

SOAKING SPUDS.

If you want to get a head start on cooking potatoes for mashing, you can peel (or not) and cut potatoes several hours before cooking. Just be sure to keep them covered with cold water until ready to cook.

THE BEST MASH.

Some cooks swear by the old-fashioned masher. Others insist that the smoothest mashed potatoes come from potatoes put through a ricer or food mill. Others prefer to use an electric mixer. Just be cautious when using a mixer and don't overmix or the potatoes will become sticky and gluey. This is why the food processor is **NOT** for mashing.

ANOTHER MASH TIP.

Heat the milk or other liquid to be added before adding, and also melt the butter in advance, to keep the potatoes from cooling off.

THE KINDEST CUT.

There are a variety of gadgets to help cut potatoes. You'll find waffle cutters, mandolines or slicers and even French fry cutters, as well as sharp and heavy chef knives.





WINNING RECIPES

2016 CULINARY STUDENT RECIPE CONTEST

Sliced, diced, steamed, mashed, fried, sauced and roasted Washington Russet, purple, yellow and red fresh potatoes starred in recipes from culinary students at Washington's American Culinary Federation accredited schools.

Students also showed their skill as they incorporated frozen French fries, frozen wedges, shredded hash browns, dehydrated mashed potatoes and potato starch in main dishes, soups, salads, breads, even desserts.

This, the third annual contest sponsored by the Washington State Potato Commission, brought in entries from Spokane's Inland Northwest Culinary Academy, Lake Washington Technical Institute, Renton Technical College, Skagit Valley Community College and Le Cordon Bleu in Seattle. The winners took home cash - \$1000 for first prize, \$375 each for the two who tied for 2nd place, and \$500 for the best French fry recipe.

Students in culinary schools today range from late teens to their 50s and even 60s. Some are starting their careers in the kitchen. Others have switched from other businesses, returned to

school to sharpen their culinary skills and to step out into new careers in foodservice. They, and their recipes, prove the high level of creativity and skill now in Washington's restaurant scene.

Some of the recipes here are simple, some are complicated. All can add a new aspect to any menu or meal or snack. Here are the top 12 recipes in the 2016 contest, presented for use in home and commercial kitchens.





CHICKEN SAUSAGE



Student Chef: Crystal Abeel

Crystal Abeel, a student at Lake Washington Tech, tied for second place with these sweet and savory sausages made from chicken, potatoes, apple and figs. You'll need a food processor, a sausage stuffer or a large pastry tube and an instant-read thermometer. You'll find casing at butcher shops. Crystal serves the sausages over small boiled or steamed potatoes and then tops it all with a wonderful rosemary butter sauce.

CHICKEN SAUSAGE

WITH ROSEMARY BUTTER POTATOES

Sausages:

- 1 pound ground chicken, 96% lean
- 1 tablespoon Kosher salt
- 3 dried figs, finely chopped
- 1/2 cup finely chopped dried apples
- 1/2 cup white wine
- 4 ounces small red or purple or yellow potatoes, scrubbed and diced
- 3 tablespoons potato starch*
- 2 tablespoons honey
- 1 tablespoon chopped fresh thyme
- 1 teaspoon Kosher salt
- 1/4 cup crushed ice*
- 1/4 cup heavy cream*
- 3 to 4 feet sausage casings*
- 1 tablespoon butter

Potatoes:

- 1 1/2 pounds small red Washington potatoes or assorted color small potatoes, scrubbed and quartered

Rosemary Butter Sauce:

- 3 tablespoons butter, divided
- 1/2 cup white wine
- 1/2 cup heavy cream
- 1 tablespoon minced fresh rosemary

*Not needed if preparing patties.

Makes 6 servings

Sausages:

In bowl or large plastic bag, combine chicken and 1 tablespoon Kosher salt. Cover tightly and refrigerate at least 2 hours or up to 24 hours. In small bowl, combine the chopped figs and apples. Cover with 1/2 cup white wine. Refrigerate until the fruits absorb about half the wine, about an hour. In small saucepan over medium-high heat, cook the 4 ounces new potatoes until almost tender, about 4 minutes. Drain well and then chill thoroughly in ice water. Keep refrigerated until ready to use.

In food processor, combine salted chicken, potato starch*, the 1 tablespoon Kosher salt, honey, thyme and ice* and process until mixture reaches 30°F (check with instant-read thermometer), then continue to process until mixture warms up to 40°F. Add cream* and process until 50°F. Mixture will be spongy.

Test for seasoning by combining 3 tablespoons of the chicken mixture, 1 teaspoon of the fruit mixture and 1 teaspoon of the diced potatoes. Roll up into log in plastic wrap, tying or twisting ends to seal. Poach in simmering water about 3 to 5 minutes, or until internal temperature reaches 165°F. Unwrap, taste and adjust seasoning as necessary, adding salt, thyme, wine or honey.

Using sausage stuffer or canvas pastry bag with a round tip, slip the casing onto the end of the stuffer or the pastry bag all the way to the end of the casing. Tie a knot. Pipe the mixture into the casing, making 6 sausages of about 3 ounces each, twisting casing between each link. Prick any air bubbles with a pin, to prevent sausages from bursting. In large saucepan over medium heat, heat 4 to 6 cups water to simmering. Add sausage links and poach until internal temperature reaches 165°F.

While sausages are poaching, in large saucepan over medium-high heat, or in steamer, steam the 1 1/2 pounds of potatoes until tender, about 5 to 10 minutes. Drain well and keep warm.

When sausage is poached, set aside for 5 minutes to cool before sautéing. In large skillet over medium heat, melt 1 tablespoon butter. Add sausages and cook, turning occasionally, until browned.

Rosemary Butter Sauce:

In same large skillet over medium heat, melt 1 tablespoon of the butter. Stir in the 1/2 cup white wine to deglaze the pan. Add the 1/2 cup of cream. Heat to boiling and cook until liquid is reduced by one fourth. Whisk in rosemary and remaining 2 tablespoons of butter.

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JALAPÉNO JOES



Student Chef: Lennon Hessdorfer

Inland Northwest Culinary Academy student Lennon Hessdorfer created these spicy potato snacks, a version of the familiar fast food JoJo's, perfect for entertaining. Lennon came to INCA after several years of working on boats in Alaska and cooking at a variety of restaurants. He is now chef at an inpatient treatment center for juvenile girls, where he reminds them that he is their personal chef.

JALAPËNO JOES

WITH CILANTRO CUCUMBER DIPPING SAUCE

1 1/2 pounds frozen potato
wedges, thawed

Cilantro Cucumber Dipping Sauce:

1 cup oil
1 egg yolk
2 tablespoons lemon juice
3/4 teaspoon dry mustard
1/4 teaspoon salt
1 cup finely chopped cucumber
1/2 cup finely chopped cilantro

Batter:

2 cups all-purpose flour
1 tablespoon chili powder
1/2 teaspoon cayenne pepper
1/2 teaspoon baking powder
1/4 teaspoon salt
2 cups beer
1 egg, separated
1 can (4 ounces) diced jalapeños,
drained or 2 jalapeños, stemmed
and finely chopped

Makes 6 portions

Preheat oil in deep pot or deep fryer to 350°F.

Pat potato wedges dry and set aside on paper towels while preparing Cilantro Cucumber Dipping Sauce.

In small bowl whisk oil into egg yolk until emulsified. Whisk in lemon juice, dry mustard and salt until blended.

Fold in cucumber and cilantro. Taste and add lemon juice and salt as needed. Add water, a tablespoon at a time, until dipping consistency. Set aside.

Batter:

In large bowl whisk together flour, chili powder, pepper, baking powder and salt. In another bowl whisk together beer, egg yolk and jalapeños. Combine dry and liquid ingredients. Beat egg white until stiff and fold in.

Dip potato wedges into batter one at a time. Gently lower into hot oil and hold in place for 5 seconds, to prevent sticking to bottom of pan. Repeat with remaining wedges, a few at a time, holding them submerged in oil for even browning, about 3 to 5 minutes. Repeat with remaining wedges. Lift out with skimmer or tongs and drain on paper towels.

Serve hot, with Cilantro Cucumber Dipping Sauce.



NORTHWEST LEFSA



Student Chef: Nicholas McConnachie

Nicholas McConnachie, a student at Inland Northwest Culinary Academy, made the traditional Scandinavian potato flat bread Lefsa and then filled it with a creamy mashed potatoes and smoked salmon. Serve these easy pancakes for a special brunch or appetizer and wait for the compliments.

NORTHWEST LEFSA

WITH SOUR CREAM & CAPERS

1 1/2 pounds Washington Russet potatoes
1/2 cup butter
2 tablespoons cream
1 tablespoon sugar
2 cups flour plus more for rolling
6 ounces cream cheese, softened
6 ounces smoked salmon, flaked
Sour cream, capers, dill sprigs and
lemon wedges for garnish

Makes 6 servings

Scrub potatoes with vegetable brush under cold running water. Peel and cut into 3-inch chunks. Place potatoes in large saucepan and add cold water to cover completely. Heat to boiling, then reduce heat to simmer. Cover and cook until tender, about 10 to 15 minutes. Drain well. Rice potatoes into large bowl, put through food mill into large bowl or mash in large bowl. Mix in butter, cream and sugar. Divide potato mixture in half and set half aside for filling.

Mix flour, 1 cup at a time, into one half of the potato mixture. Divide this mixture into 12 portions and roll each into a ball. On floured surface, roll each ball out to a circle about 1/4 inch thick, flipping frequently and working in additional flour as needed, to keep dough from sticking and tearing. Arrange circles on baking sheet and keep covered.

Preheat cast iron skillet or large griddle over high heat until hot. Add Lefsa to skillet, one or two at a time and cook 1 to 2 minutes until dough is speckled with brown, turning once. Arrange cooked Lefsa on baking sheet as they are browned and keep covered until ready to heat.

Preheat oven to 350°F.

For filling, in large bowl combine reserved potato mixture, cream cheese and salmon. Divide potato/cream cheese/salmon mixture among the cooked Lefsa. Roll up. Arrange on greased baking sheet and bake until hot through, about 10 minutes.

Serve with dollop of sour cream, capers, dill sprigs and lemon wedges.



POMMES ANNETTE



Student Chef: Jason Goertz

Jason Goertz, a student at Lake Washington Technical Institute, took first prize in the contest (\$1000) for this beautiful and flavorful version of the classic French Pommes Anna. Goertz suggests the Pommes as a side for a special dinner. He also recommends varying the recipe with any other combination of cheese and herbs, such as Mozzarella or Parmesan and oregano, or Cheddar and basil or thyme. A mandoline is a must utensil to thin-slice the potatoes.

POMMES ANNETTE

WITH ROSEMARY & GRUYERE

3 large Washington Russet potatoes (about 2 1/2 pounds)
1/2 cup extra virgin olive oil
8 ounces finely shredded Gruyere or Swiss cheese
Kosher salt
1 to 3 teaspoons finely chopped fresh rosemary sprigs

Makes 6 servings

Preheat oven to 425°F.

Scrub potatoes with vegetable brush under cold running water. Do not peel.

Coat a 10-inch oven-proof skillet with a few tablespoons of the olive oil. Using a mandoline, cut potatoes into thin slices. Arrange the first layer of slices, overlapping, over bottom and up sides of the oiled skillet (this first layer becomes the top, see photo, so take a little extra time to arrange carefully). Brush potatoes in pan with some of the olive oil, sprinkle with salt and spread evenly with about one-third of the cheese. Sprinkle with about 1/3 of the chopped rosemary. Create another layer of potato slices. Sprinkle with oil, salt, cheese and rosemary. Press layers down. Create another layer of potato slices, oil, salt, cheese and rosemary. Press down and repeat layers until all potatoes are used and pan is full.

Place filled skillet over medium-high heat and cook until olive oil sizzles and potatoes at sides begin to brown, about 15 to 20 minutes. Move skillet to oven and bake for 20 to 25 minutes. Carefully tilt skillet to drain off any excess fat. (It may be easiest to do this by putting a tight-fitting lid on the skillet and turning the potato cake out into the lid, pouring off oil, then returning the cake to the pan.) Return to oven and bake until potatoes are tender, about 10 to 15 minutes.

Put large serving plate or cutting board on skillet, then carefully invert to tip cake out. Cut wedges to serve.



POTATO PANCAKE GRILLED CHEESE



Student Chef: Nicholas Troup

Nicholas Troup, of Inland Northwest Culinary Academy, tied for second place with this very flavorful and good-enough-for-company version of the much-loved grilled cheese sandwich. Nick uses wonderfully seasoned potato pancakes instead of bread, and adds bacon, spinach and Swiss cheese to the filling. Contest judges agreed his creation was unique and satisfying. They suggest serving the sandwich with a simple salad. Nick starts from scratch, with whole Russet potatoes.

POTATO PANCAKE GRILLED CHEESE

WITH BACON & SPINACH

6 slices bacon
8 ounces fresh spinach
**1 1/2 pounds Washington
Russet potatoes**
1/2 medium onion
2 eggs, lightly beaten
2 teaspoons all-purpose flour
1 tablespoon minced garlic
1 tablespoon minced parsley
1 tablespoon minced chives
Salt and pepper
1/4 to 1/2 cup oil
6 slices Swiss cheese
6 slices Pepper Jack cheese

Makes 6 servings

Preheat oven to 400°F.

In large skillet over medium-high heat, cook bacon until crisp. Lift bacon out, reserving about 2 tablespoons fat in pan. Drain bacon on paper towels. Crumble and set aside. Add spinach to bacon fat in skillet and cook just until wilted. Set aside.

Scrub potatoes with vegetable brush under cold running water. Grate with coarse grater. Grate onion. Press grated potato and onion between several layers of paper towels to dry. In large bowl combine potato, eggs, onion, flour, garlic, parsley, chives and salt and pepper.

In large skillet over medium heat, heat 1/4 cup oil. Add about 1/4 cup potato mixture for each pancake (you will be making 12 pancakes) and flatten with back of spatula or spoon to circles about 4 to 5 inches in diameter. Cook until each pancake is crisp on bottom, about 6 minutes. Turn and cook on second side until crisp and potatoes are almost cooked, about 5 minutes. Place on paper towels. Repeat with remaining potato mixture. Put cooked pancakes on paper towels to absorb oil.

To make sandwiches, place half the pancakes on oiled shallow baking pan. Top each with 1 slice Swiss cheese, 1/6th of the bacon, 1/6th of the spinach, 1 slice Pepperjack cheese and a pancake. Repeat.

Bake sandwiches until cheese is melted and sandwiches are hot, about 8 to 10 minutes. Cut in half, if desired. Serve hot.



POTATO TOMATO BURGER SLIDERS



Student Chef: Alden Littlefield

Alden Littlefield, student at Lake Washington Tech, created these special sliders, which use a potato-stuffed tomato instead of a bun. Alden's interest in Asian food led him to create this recipe after learning about the Tomami Burger at Mos Burger, a Japanese burger restaurant. Alden will be going on to study food science at Washington State University. His sliders would be a perfect game day feast, or a special family meal.

POTATO TOMATO BURGER SLIDERS

WITH CABBAGE & ONION

3 pounds Washington Russet potatoes
3 tablespoons butter, melted
6 beefsteak tomatoes
Pinch of Salt
Pinch of Sugar
1 pound 6 ounces ground beef
1 tablespoon each salt, pepper
and garlic powder
12 slices Cheddar cheese
1 cup shredded cabbage
1 red onion, sliced
Mayonnaise

Makes 12 sliders

Scrub potatoes with vegetable brush under cold running water. Peel potatoes and cut into 3-inch chunks. Place potatoes in large saucepan and add cold water to cover. Heat to boiling, then reduce heat to simmer. Cover and cook until tender, about 10 to 15 minutes. Drain well. In large bowl, mash potatoes with butter. Set aside.

Wash tomatoes, halve crosswise and remove seeds. Sprinkle cut portion with salt and sugar. In large skillet over medium-high heat, or on hot grill, cook uncut side in skillet for 1 minute. Remove tomatoes from pan or grill. Fill tomato halves with potato mixture. Cook, potato side down, in skillet or on grill just until potato is lightly browned, about 3 to 5 minutes.

Form ground beef into 12 patties. Season with salt, pepper and garlic powder. In skillet or on grill cook patties until browned on bottom. Turn and top with cheese slices. Cook to desired doneness.

To assemble, put one burger on one potato-filled tomato slice. Top with shredded cabbage and onion. Serve second potato-tomato slice on the side, to close and form a bun for the burger.



POTATO TORTILLA



Student Chef: Nydia Mercado

In Spain a tortilla is an omelet with potatoes and other vegetables, much like a frittata. Le Cordon Bleu student Nydia Mercado created her version of a tortilla based on comfort food her grandmother made in Puerto Rico. You can serve squares of her tortilla atop a rich vegetable sauce, almost like a soup, or cut wedges and serve with the sauce, or tomato sauce or ketchup.

POTATO TORTILLA

WITH VEGETABLE SAUCE

6 medium Washington red potatoes
1 tablespoon olive oil
1 cup chopped onion
1 tablespoon chopped
fresh thyme leaves
1 to 2 cloves garlic, crushed
1 1/2 teaspoons smoked paprika
6 eggs
4 egg whites
1/2 cup shredded Manchego cheese
2 cups baby spinach, rinsed
and coarsely chopped
1/2 teaspoon salt
1/4 teaspoon pepper
2 teaspoons olive oil

Makes 6 servings

Preheat oven to 350°F.

Scrub potatoes with vegetable brush under cold running water. Using mandoline cutter or sharp knife, cut potatoes into thin slices.

In large ovenproof skillet over medium heat, heat olive oil. Add potatoes in an even layer. Cover and cook until just tender, about 15 minutes. Gently stir in onion, thyme, garlic and paprika and cook 2 minutes longer.

While potatoes are cooking, in large bowl whisk together eggs and egg whites. Add cheese, spinach and salt and pepper. Gently stir in hot potato slices. Wipe out skillet. Add the 2 teaspoons olive oil. Pour in egg/potato mixture, spreading evenly. Cook over medium heat until edges are set, about 15 minutes. Move to oven and bake until set, about 10 to 15 minutes.

Run spatula around edge of pan to loosen tortilla. Place large plate on top of pan and carefully invert to turn tortilla out. Serve hot or cold, with Vegetable Sauce, see below, or tomato sauce.

Vegetable Sauce:

In small bowl, soak 1 1/2 ounces porcini mushrooms in 1 cup warm water until mushrooms soften, about 30 minutes. Drain mushrooms well, squeezing out liquid. Set mushrooms aside in a small bowl. Reserve mushroom liquid. In large saucepan over medium-high heat, cook 1 1/2 cups chopped onion and 3 cloves minced garlic until onions are just tender. Stir in 5 medium carrots, peeled and diced and 2 cups diced celery and cook until carrots are just tender. Stir in 1/2 cup Marsala and 1/2 cup red wine. Heat to boiling, then simmer until almost all liquid is reduced, about 5 to 7 minutes. Stir in 1 (32-ounce) can San Marzano tomatoes along with the mushrooms, 2 cups chopped baby spinach, 3 small zucchinis, diced, 2 tablespoons chopped fresh basil, 1 tablespoon chopped fresh oregano and 1 teaspoon minced fresh rosemary. Heat to boiling. Add 2 cups vegetable or chicken stock and reserved mushroom liquid. Simmer 30 minutes. In small saucepan over medium high heat, melt 1 tablespoon butter. Stir in 1 tablespoon flour and cook until frothy. Blend in small amount of tomato mixture, then return to rest of tomato mixture and simmer until sauce thickens slightly, about 2 minutes. Season with salt and pepper to taste.



POUTINE CORDON BLEU



Student Chef: Kyle Carrick

The French Canadians love their poutine – French fries topped with cheese curds and drizzled with gravy. Inland Northwest Culinary Academy student Kyle Carrick won the top prize in the French fry recipe category with his poutine of Washington French fries topped with crisp bits of ham and bacon and a rich Swiss cheese wine sauce. Try any shape of frozen French fries: thick or thin strips, steak fries, shoestring or waffle cuts.

POUTINE CORDON BLEU

WITH SHALLOTS & BACON

1 1/2 pounds frozen French fries
1 tablespoon butter
1 tablespoon minced shallot
1/2 teaspoon cracked black peppercorns
2 tablespoons white wine
1/2 tablespoon butter
2 1/2 tablespoons all-purpose flour
2 cups chicken stock or broth
2/3 cup shredded Swiss cheese
Salt and pepper to taste
3 ounces ham, sliced thin and diced
6 ounces bacon, cooked
crisp and crumbled
1/2 cup thin-sliced green onions

Makes 6 servings

Preheat oil or oven to 350°F.

In medium saucepan over medium-high heat, melt the 1 tablespoon butter. Add shallot and peppercorns and cook 1 to 2 minutes. Stir in wine and simmer until almost all liquid is reduced. Add remaining butter and flour to pan. Cook and stir 3 to 4 minutes. Stir in chicken broth and whisk until smooth and thickened. Stir in cheese. Season with salt and pepper to taste. Set aside and keep warm.

Deep fry French fries in deep hot fat (350° F) until golden brown, about 20 minutes. OR spread Fries evenly on baking sheet and bake in 350°F. oven until golden brown, about 20 minutes.

Turn French fries into large bowl. Toss with ham and half of the bacon. Spoon individual servings of fries into serving bowls, plates or lined baskets. Spoon about 2 tablespoons sauce over. Sprinkle with remaining bacon and green onions.



ROASTED GARLIC POTATO CROQUETTES



Student Chef: Chris White

Chris White, a recent graduate of Spokane's Inland Northwest Culinary Academy, has been interested in cooking for many years, and has run his own catering business in addition to owning several health clubs in Seattle and Spokane. Chris uses frozen shredded hash browns to create a unique and crispy coating for the roasted garlic mashed potato croquettes.

ROASTED GARLIC POTATO CROQUETTES

WITH "EGG YOLK"

2 heads garlic
1 tablespoon olive oil
2 1/2 pounds Washington red potatoes
2 tablespoons butter, softened
1/2 cup sour cream
1/2 cup buttermilk
1 tablespoon chopped chives
2 tablespoons olive oil
3/4 cup grated Parmesan cheese
5 egg yolks
8 ounces Cheddar cheese,
cut into small cubes
2 cups all-purpose flour
4 eggs, beaten
1 pound frozen shredded
hash brown potatoes, thawed
Hot sauce or ketchup
Chopped chives, for garnish

Makes 8 servings of 3 croquettes each

Using sharp knife, cut off top of the garlic heads, so individual cloves are exposed. Drizzle with olive oil. Wrap both heads in foil. Place on baking pan. Bake in preheated 400°F. oven until garlic is golden brown and cloves are tender. Cool. Squeeze roasted garlic out of each clove and set aside.

Scrub potatoes with vegetable brush under cold running water. Cut potatoes into 3-inch chunks. Place potatoes in large saucepan or pot and add cold water to cover completely. Heat to boiling, then reduce heat to simmer and cook until tender, about 10 to 15 minutes.

Drain potatoes well. Turn potatoes into large bowl. Stir in butter, then add sour cream, buttermilk, chives and 2 tablespoons olive oil. Mash. Stir in roasted garlic and Parmesan. Mix in the egg yolks. Cover and chill until mixture is completely cooled, about 20 to 30 minutes.

Using measuring tablespoon or small scoop, form potato mixture into 3 -inch balls, about 2 ounces each. Press cube of cheese into center of each ball and push potato mixture over cheese so it is centered in potato mixture.

Put flour in a shallow bowl or pan. Put beaten eggs in another shallow bowl or pan. Put thawed frozen hash browns in another bowl or pan. Bread potato balls by coating first in flour, then dipping in beaten egg and then rolling in hash browns. Place breaded potato balls on baking sheet lined with parchment or waxed paper. Chill in freezer for 1 hour.

In deep fryer or large saucepan of oil at 350°F. fry potato balls until deep golden brown and cheese in center is melted, about 5 minutes. Drain on rack or paper towels. Serve hot with hot sauce or ketchup. Garnish with chopped chives.



ROOT VEGETABLE POT PIE



Student Chef: Lillian Beegle

Lillian Beegle, a student at Lake Washington Tech, created this amazing vegetarian appetizer or main dish, perfect for any special event. Instead of the individual ramekin servings you could line a large deep pie plate with half the potato crust, fill with the vegetables and top with the remaining crust.

ROOT VEGETABLE POT PIE

WITH POTATO ROSEMARY CRUST AND GOAT CHEESE BÉCHAMEL

Roasted Vegetables:

1 1/2 pounds small red, purple, yellow or mixed small potatoes, scrubbed, cut in 1/4 inch slices
1 pound sweet potatoes, peeled and sliced
8 ounces carrots, topped and sliced
4 ounces walnuts
1/2 teaspoon each salt and pepper

Crust

1 1/4 pounds Washington Russet potatoes
1 1/2 tablespoons butter
1/2 teaspoon salt
1 cup all-purpose flour
1 tablespoon chopped fresh rosemary

Mushroom Mixture:

2 tablespoons oil
1 medium shallot, minced
2 garlic cloves, minced
12 ounces sliced button mushrooms
1/3 cup red wine

Béchamel Sauce:

2 tablespoons butter
2 tablespoons all-purpose flour
2 1/2 cups milk, heated
3 ounces goat cheese
Salt, pepper and ground nutmeg, to taste

Crust Glaze:

1 egg
1 tablespoon water

Makes 10 servings

Spray 10 (7-ounce) ramekins (about 3 to 4 inches in diameter) with pan spray and coat using 1/2 cup of fine dry bread crumbs. Set aside.

Preheat oven to 400°F.

Roasted Vegetables:

On large greased baking sheet, arrange sliced red potatoes, sweet potatoes, carrots and walnuts in even layer. Use a second baking sheet, if necessary. Roast until tender, about 10 to 15 minutes, stirring once so vegetables brown evenly.

Crust:

While vegetables are roasting, scrub Russet potatoes with vegetable brush under cold running water. Peel and cut into 3-inch chunks. Place potatoes in large saucepan and add cold water to cover completely. Heat to boiling, then reduce heat to simmer. Cover and cook until tender, about 10 to 15 minutes. Drain well. Rice or press through food mill into large bowl or mash in large bowl with the 1 1/2 tablespoons butter and 1/2 teaspoon salt. Mix in the 1 cup flour and rosemary and knead to soft dough, adding more flour if necessary. Cover and set aside.

Mushroom Mixture:

In large skillet over medium heat, heat the 2 tablespoons oil. Add shallot and sauté for 2 to 3 minutes. Stir in garlic and cook 1 minute. Add mushrooms and cook, stirring occasionally, until the mushrooms begin to release moisture. Add wine. Heat to boiling and cook and stir until liquid is reduced and mushrooms are nicely browned. Season with salt and pepper and set aside.

Béchamel Sauce:

In small saucepan over medium heat, melt the 2 tablespoons butter. Stir in 2 tablespoons flour and cook and stir until foamy. Whisk in hot milk and simmer, stirring constantly, about 3 to 5 minutes or until slightly thickened. Stir in salt, white pepper and nutmeg to taste. Crumble in goat cheese and stir until smooth.

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SOUTHWEST POTATO CUPS



Student Chef: Cassie Heaton

Cassie Heaton, of Lake Washington Tech, combines roasted corn and chipotle with time-and-labor-saving frozen shredded hash browns to create a hearty vegetable main dish or a super side. Bake in smaller sized muffin cups for appetizers or snacks.

SOUTHWEST POTATO CUPS

WITH SWEET CORN & CHIPOTLE PEPPERS

2 ears sweet corn OR 1 cup frozen
thawed or canned corn kernels
2 tablespoons olive oil
2 pounds frozen shredded
hash browns, thawed
1 large onion, finely chopped
3 eggs
1 to 3 canned chipotle peppers
in sauce, chopped
1/4 pound queso fresca

Make 6 servings or 12 appetizer servings

Preheat oven to 425°F.

Generously oil 6-cup 3-inch muffin pan (or 12 2-inch muffin pan) and place in oven to heat while preparing filling.

Roast sweet corn on grill until lightly charred. Cut off kernels. OR in small skillet, heat oil over medium-high heat. Add thawed or canned corn kernels and cook and stir until kernels are lightly browned.

In large bowl, toss corn, potatoes, onion, eggs, chipotle peppers and sauce and queso fresco until mixed.

Remove hot muffin pans from oven. Divide potato mixture between the 6 or 12 cups. Return to oven for about 45 minutes, or until well browned.

Run knife or small spatula around sides of muffin cups and turn to unmold cups. Serve hot.





Student Chef: Eric (Bo) Woodmansee

Bo Woodmansee changed his career from concrete construction to culinary, studying at Bellingham Technical College. He created a flavorful cake from mashed potatoes to replace the traditional English muffin. Your family and guests will agree that Bo's version is better than the original Benedict.

SPUDS BENEDICT

2 pounds Washington Russet potatoes
12 thin slices Canadian bacon
1/4 cup butter, melted
2 tablespoons milk
2 egg yolks
3/4 cup shredded Gruyère
or Swiss cheese
1/2 teaspoon salt
1/2 teaspoon each crushed dried
rosemary, sage and thyme leaves
1/2 teaspoon garlic powder
Dash pepper

Hollandaise Sauce:

2 tablespoons white vinegar
1 1/2 tablespoons water
1 teaspoon lemon juice
2 egg yolks
1/4 cup butter, melted
Salt and pepper to taste
6 eggs
1/4 cup butter

Breading:

1 cup potato flour
3 eggs
3 cups Panko
1/2 cup oil

6 Eggs
1/4 cup of butter

Makes 6 servings

Preheat oven to 375°F.

Scrub potatoes with vegetable brush under cold running water. Peel potatoes and cut into 3-inch chunks. Place potatoes in large saucepan or pot and add cold water to cover completely. Heat to boiling, then reduce heat to simmer. Cover and cook until tender, about 15 minutes. Drain well.

While potatoes are cooking, arrange Canadian bacon slices on a rack on a shallow pan and bake in preheated oven until crisp, about 5 to 8 minutes. Set aside.

Also while potatoes are cooking, prepare Hollandaise Sauce, (page 30)

Rice potatoes or put through food mill into large bowl or mash in large bowl with melted butter, milk, the 2 egg yolks, cheese, herbs, garlic powder and pepper. Divide into 6 equal portions and form into patties about 4 inches in diameter. Chill while preparing breading set up.

Put potato flour in shallow dish or deep plate. Beat 3 eggs and put in shallow dish or plate. Put Panko in shallow dish or deep plate. To bread potato patties, dip in potato flour to coat, then in beaten eggs and then in Panko.

In large skillet over medium-high heat, heat oil until hot. Add potato patties and cook until well browned, about 3 to 5 minutes. Turn and brown on second side, about 3 to 5 minutes. Lift out and set aside. Wipe out skillet.

In same skillet, melt butter. Add eggs and fry sunny side up.

To serve:

On each warmed plate, place a potato patty, top with sunny side up egg and drizzle with Hollandaise Sauce. Tuck two Canadian bacon slices into side of each patty.

Continued on page 30

WASHINGTON STATE

Potato Nutrition



THE POTATO

Ongoing research shows that potatoes can play an important part in a healthy, varied diet. An average potato supplies 45% of the daily value for vitamin C, 620 mg of potassium (Higher than bananas, spinach and broccoli), trace amounts of thiamin, riboflavin, folate, magnesium, phosphorous, iron and zinc, and all with no fat, cholesterol or sodium and for only 110 calories.

Learn more at potatoes.com/nutrition

WASHINGTON STATE

Potato Varieties

From Russets to reds to fingerlings and more, Washington state grown potatoes provide one of the most versatile, cost-effective and palatable menu options for the home or restaurant. No matter which meal you are preparing, Washington potatoes provide a tasty dish that everyone can enjoy.



FINGERLING

Fingerlings are small, finger-shaped potatoes with a texture much like reds. Their unusual shape and size make them popular for plate presentations.



PURPLE/BLUE

Purple/Blue potatoes have a moist, firm flesh and nutty, earthy flavor. Their rich, vibrant color makes them a lovely addition to any salad. The best way to preserve the color is microwaving, but steaming and baking are also delicious.



REDS

Red potatoes and white potatoes have low to medium starch and high to medium moisture and are often described as waxy. These potatoes hold their shape when cooked, so are preferred for boiling, roasting, steaming; and in soups stews and salads.



WHITE

White potatoes also have a thin skin, so they can be easily mashed without peeling. They hold their shape well after cooking; their creamy texture and mild flavor make them perfect for grilling, steaming and boiling.



GOLD/YELLOW

Yellow/gold potatoes can be baked, boiled, mashed or roasted and add a buttery color and flavor to a variety of dishes.



RUSSETS

Russets, because they are high in starch (solids) and low in moisture are the very best for baking, mashing and french frying. They cook up fluffy and light.



CHICKEN SAUSAGE

(continued from page 5)

To make Sausage into patties:

Process chicken and other ingredients as above, but omit the potato starch, ice and 1/4 cup cream. In place of the food processor you can just mix the ingredients by hand. Form into 6 (3-ounce) patties.

In large skillet over medium-high heat, cook patties in 1 tablespoon butter until well browned on both sides, to an internal temperature of 165°F.

Prepare Sauce in same skillet, as on page 5.

To Serve:8

To serve, mound potatoes on heated plate, top with sausages and drizzle with Rosemary Butter Sauce.



ROOT VEGETABLE

POT PIE (continued from page 23)

To assemble the pot pies:

Divide mushroom mixture among the crumb-coated ramekins. Spoon a generous tablespoon of the Béchamel Sauce into each ramekin. Divide roasted vegetables among the ramekins. Top with remaining Béchamel sauce.

Roll out potato dough to 1/8 inch thickness and cut into 10 (4-inch) squares. Carefully lift each square (a bench scraper or wide knife helps) and place on top of each ramekin, letting corners hang over the edge, as in photo.

Crust Glaze:

Whisk 1 egg and 1 tablespoon water and brush over potato crusts.

Bake potato-topped ramekins until bubbly at edges and tops are golden brown, about 20 minutes. If crust is browning too fast, cover corners with small pieces of aluminum foil.



SPUDS BENEDICT

(continued from page 27)

Hollandaise Sauce:

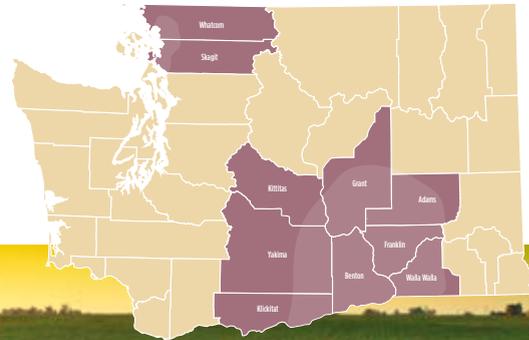
In small skillet, boil water and vinegar until reduced by half. In stainless steel bowl, beat egg yolks with vinegar reduction and lemon juice. Place bowl over saucepan of simmering water and whisk, adding the 1/4 cup melted butter very gradually, until egg yolk mixture is thickened. Add salt and pepper to taste. Keep warm by removing saucepan from heat and keeping bowl over hot water.

POTATOES IN WASHINGTON

Twenty-three percent of all the potatoes grown in the U.S. come from Washington, where the state's family farmers are proud of their state-of-the-art growing, harvesting and processing. Washington leads the nation in french fry production and almost 87% of Washington's potato crop is produced especially for processing of golden fries, crunchy chips, creamy mashed potatoes and more.

Washington's potato growers are first when it comes to per acre yield of potatoes - 44% higher than the average of other potato-producing states,

and far above other potato-producing regions around the globe. The ideal combination of sun, controlled water sources, nutrient rich soil and grower know-how make these yields possible.



SKAGIT & WHATCOM:

- Reds
- Whites
- Yellow/Golds
- Purple/Blues
- Fingerlings

NORTH / SOUTH BASIN & YAKIMA:

- Russets
- Reds
- Whites
- Yellow/Golds
- Purple/Blues
- Fingerlings





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