

Outstanding
POTATO
RECIPES
from Washington State Chefs



Washington State Potato Commission



WASHINGTON STATE POTATOES

The state of Washington has all the right conditions to grow perfect potatoes: weather, soil, water and knowledgeable growers. And Washington has an abundance of superior chefs, who know how to put these perfect potatoes to the very best uses.

Washington grows more than 20 percent of all the potatoes in the US, leads the nation in French fry production and has the highest yield per acre of any state. Most of Washington's potatoes are the famed Russets. The rest include whites, reds, yellows, blues and fingerlings. You'll find at least one recipe for each color in this booklet.

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Kevin Riordan

EXECUTIVE CHEF

The Brooklyn Seafood, Steak and Oyster House, Seattle

BROOKLYN HERB INLAID POTATOES

Makes about 18 pieces

Chef Riordan's remarkable "chips" make a spectacular garnish or appetizer. His tip: don't rinse the potatoes as you slice them – the starch on the surface of the slices is what helps hold the layers together. And for the see-through thin slices that make this recipe so spectacular, it helps to use a mandoline.

1 (8-ounce) Washington Russet potato
About 20 sprigs Italian parsley
Oil
Salt and white pepper

Scrub potatoes with vegetable brush under cold running water. Using a mandoline, slice potatoes paper-thin lengthwise and arrange on a cookie sheet. Place a parsley sprig on the center of half the slices. Top each parsleyed slice with a similar-sized potato slice. Press slices together to seal edges, being sure parsley is inside the edges for a complete seal. In deep fryer or large saucepan with at least 3 inches of oil heated to 300°F, fry potato slices, a few at a time, until crisp in center. Drain on paper towels. Sprinkle with salt and white pepper. Store at room temperature.

Nutritional Analysis Per Piece: 49 calories, 0.3 g protein, 2 g carbohydrates, 4.5 g fat (80% calories from fat), 0 mg cholesterol, 0.2 g dietary fiber, 34 mg sodium.



Chef Riordan, along with several other successful Seattle chefs, has a Culinary Arts Degree from South Seattle Community College's highly respected chef training program, where he serves on the technical advisory board. Riordan has had the honor of preparing a dinner at the prestigious James Beard House and doing a cooking demonstration at the French Culinary Institute in New York. His focus is on the use of top quality, regional products in innovative preparations.

BROOKLYN HORSERADISH MASHERS

Makes 6 (1/2 cup) servings

Russets are great potatoes for mashing because just a little mixing makes them fluffy – perfect vehicles to carry the flavors of cheese and horseradish. Chef Riordan's tip: if you use an electric mixer, whip potatoes only till blended. Over mixing will make them gluey. Many cooks prefer to use a hand masher, ricer or food mill to get perfect mashed potatoes.

1 1/4 pounds Washington Russet potatoes
1/2 cup shredded Parmesan cheese
1 1/2 tablespoons each prepared horseradish and sour cream
1/2 cup heavy cream
Salt and freshly ground white pepper

Scrub potatoes with vegetable brush under cold running water. Peel potatoes and cut into chunks (about 3 inches). Place potatoes in medium 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. Mash with potato masher or mixer on low speed to break potato chunks into small pieces. Mash or mix in Parmesan cheese, horseradish and sour cream. Mash or mix in cream. Season to taste with salt and white pepper.

Nutritional Analysis Per 1/2 cup Serving: 207 calories, 6.7 g protein, 20.5 g carbohydrates, 11 g fat (48% calories from fat), 37 mg cholesterol, 1.3 g dietary fiber, 293 mg sodium.

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Outstanding Potato Recipes from Washington State Chefs

Kaspar Donier

CHEF-OWNER
Kaspar's, Seattle

KASPAR'S POTATO, LOBSTER AND ARUGULA MARTINI

Makes 4 to 6 servings

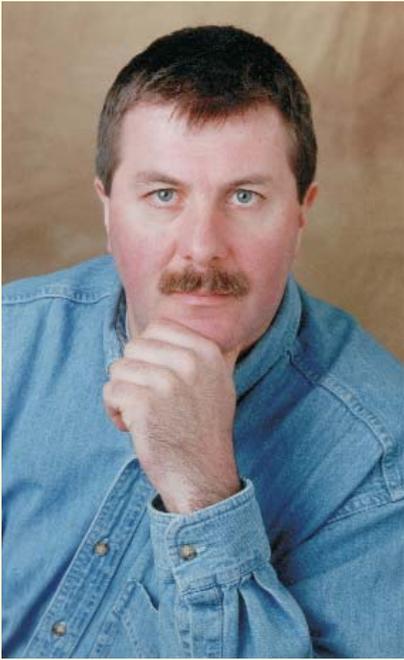
Kaspar serves this elegant combo as an appetizer or a side dish with one of his famous seafood entrees. He suggests flaked Dungeness crab or smoked salmon as an alternative to the lobster.



- 2 pounds Washington Russet potatoes
- 3 tablespoons butter
- 1 clove garlic, peeled and chopped
- Dash ground nutmeg
- 2 Atlantic lobster tails (about 8 to 12 ounces total), cooked, shelled and diced
- 3/4 cup heavy cream
- 1 cup coarsely chopped arugula
- 4 to 6 long thin French fries
- 4 to 6 pitted green jumbo olives

Scrub potatoes with vegetable brush under cold running water. Peel and cut into 1-inch cubes. 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 minutes. Drain well, then return to saucepan. Over low heat, heat 1 minute to dry. Put potatoes through a ricer or food mill or mash with masher. In large skillet over medium-high heat, melt butter. Add garlic and nutmeg and cook and stir until garlic is translucent. Stir in lobster, cream and arugula and heat to simmer. Stir potatoes into lobster mixture. Season to taste with salt. To serve, scoop into large martini glass. Garnish each serving with a French fry stuck into end of an olive.

Nutritional Analysis Per Serving:
419 calories, 16 g protein, 22 g fat (46% calories from fat), 42 g carbohydrates, 121 mg cholesterol, 4 g fiber, 432 mg sodium.



Swiss-born Chef Kaspar and his wife Nancy serve contemporary Pacific Northwest cuisine in their elegant restaurant on Seattle's Queen Anne hill. Kaspar's eponymous restaurant is consistently named "best" or "top" by national and regional travel and food magazines and he has been nominated for the James Beard award as America's Best Chef – Northwest for four years.

KASPAR'S PRIMAVERA MASHED POTATOES

Makes 4 to 6 servings

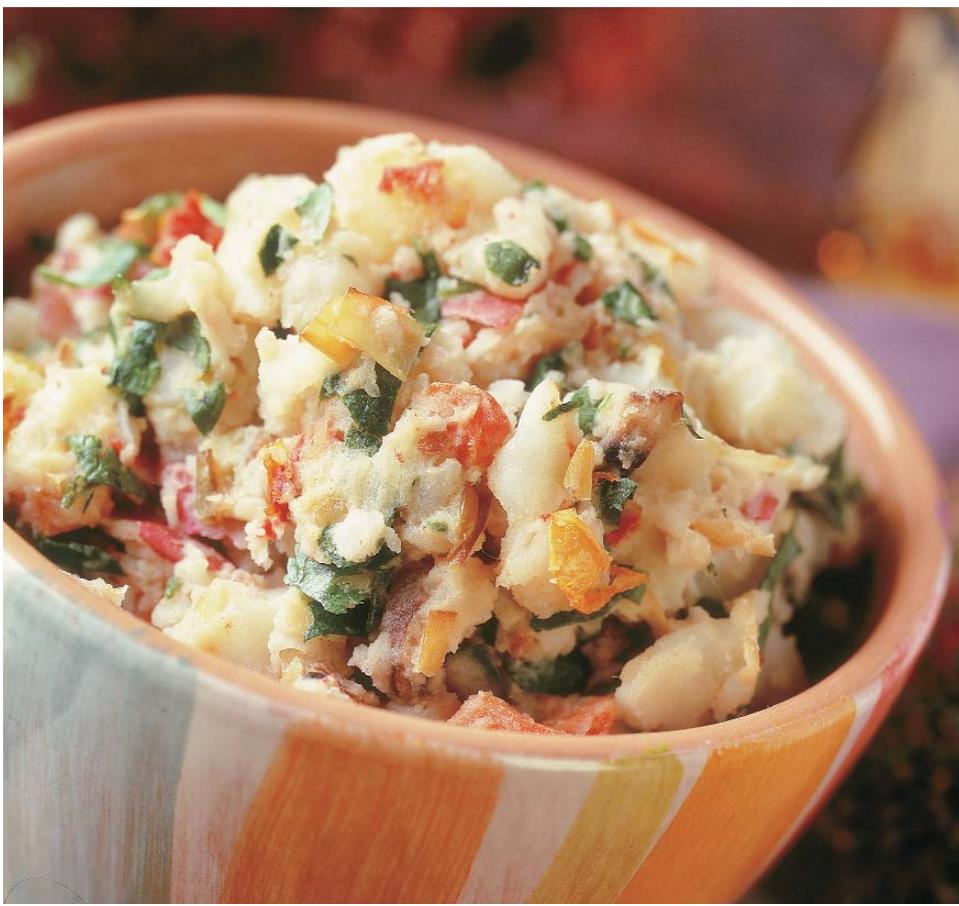
Kaspar makes mashed potatoes extraordinary by including an array of vegetables as well as sour cream.

- 1 1/2 pounds Washington red potatoes
- 2 teaspoons salt
- 1/4 cup butter
- 6 mushrooms, rinsed and diced
- 1 leek, washed, trimmed and sliced
- 1 small carrot, peeled and diced
- 1 small stalk celery, diced
- 1/4 chopped sun dried tomatoes
- 1 cup thin sliced spinach leaves
- 1/3 cup sour cream
- 2 tablespoons heavy cream
- 1/8 teaspoon ground nutmeg
- 1 tablespoon chopped cilantro or green onion

Scrub potatoes with vegetable brush under cold running water. Peel and dice potatoes. Place potatoes in medium saucepan and add the 2 teaspoons salt and cold water to cover completely. Heat to boiling, then reduce heat to simmer. Cover and cook until tender, about 10 to 15 minutes. Drain and set aside. In skillet over medium heat, melt butter. Add mushrooms, leek, carrot, celery and tomatoes. Cook, stirring occasionally, until leeks are transparent, about 3 to 5

minutes. In large mixing bowl, combine vegetable mixture from skillet, cooked potatoes, and all remaining ingredients. Mash just until combined.

Nutritional Analysis Per Serving:
292 calories, 5 g protein, 15 g fat (44% calories from fat), 37 g carbohydrates, 40 mg cholesterol, 4 g dietary fiber, 995 mg sodium.



Diana Dillard

CHEF/INSTRUCTOR

Seattle Culinary Academy, Seattle Central Community College

HORSERADISH SCALLOPED POTATOES

Makes 8 servings

Chef Dillard's rich and creamy version of scalloped potatoes gets a kick from plenty of fresh horseradish.



Chef Dillard, a graduate of the Culinary Institute of America, was *chef tourant* at Seattle's famed Fuller's in the Seattle Sheraton before owning and operating the Rain City Grill, a favorite with Seattle diners and restaurant reviewers. She is co-author, with John Sarich, of *Entertaining Simply*. Now teaching full time at the Seattle Culinary Academy, she also manages to fit in some free lance consulting.



- 2 cups heavy cream
- 2 teaspoons prepared horseradish
- 1 teaspoon minced garlic
- Cayenne pepper
- 3 1/2 pounds (4 large) Washington Russet potatoes
- 3/4 cup grated fresh horseradish
- 1/2 teaspoon Kosher salt
- 1/2 teaspoon cracked black pepper

Preheat oven to 400°F. In large saucepan over medium heat, bring cream, prepared horseradish, garlic and pinch of cayenne pepper to simmering. Remove from heat and set aside. Scrub potatoes with vegetable brush under cold running water. Peel and slice crosswise in 1/8-inch thick slices. In an oiled or sprayed 9x13x2-inch baking pan, layer half the potatoes. Sprinkle with half the fresh horseradish and half the salt and pepper. Repeat layers. Pour reserved cream mixture evenly over potato layers. Bake uncovered until top begins to brown, about 15 minutes. Cover with foil and bake until potatoes are tender, about 45 minutes. Let stand 10 minutes before serving.

Nutritional Analysis Per Serving: 397 calories, 6 g protein, 22 g fat (49% calories from fat), 46 g carbohydrates, 82 g cholesterol, 4 g fiber, 181 mg sodium.

WINTER GARDEN POTATO SALAD

Makes 12 (3/4 cup) servings

Chef Dillard serves this very fresh potato salad warm, but says you can make it ahead, refrigerate and then let come to room temperature before serving. And while it can brighten winter meals, bring it to your table any season.

2 pounds small Washington red potatoes
1 teaspoon salt

Lemon Vinaigrette

2 bunches watercress, woody stems removed (about 2 cups)
10 medium radishes, sliced 1/4 inch thick
1/4 cup 1-inch diagonal slices chives
Salt and cracked black pepper

Scrub potatoes with vegetable brush under cold running water. Cut potatoes in half. Place potatoes in medium saucepan and add the 1 teaspoon salt and enough cold water to cover completely. Heat to boiling, then reduce heat to simmer. Cover and cook until just tender, about 10 minutes.

Meanwhile, prepare Lemon Vinaigrette. Drain potatoes and turn into large mixing bowl. Drizzle with half of the Lemon Vinaigrette. Cool slightly. Toss with watercress, radishes, chives and remaining Lemon Vinaigrette. Season with salt and cracked black pepper. Serve warm.

Lemon Vinaigrette: In blender or food processor, combine 1/4 cup fresh lemon juice, 1 teaspoon **each** sugar, minced garlic and Dijon mustard. With motor running slowly drizzle 2/3 cup canola oil into lemon juice mixture and blend until combined. Add 1/2 teaspoon Kosher or sea salt and 1/4 teaspoon ground white pepper and blend briefly.

Nutritional Analysis Per Serving:
177 calories, 2 g protein, 12 g fat (61% calories from fat), 16 g carbohydrates, 0 mg cholesterol, 1 g fiber, 102 mg sodium.



MACRINA'S BUTTERY POTATO GALETTE

Makes 6 servings

Try this rich, cheesy galette for a special lunch or brunch. Chef Kim suggests a peeler with stainless steel swivel blade which follows the curve of the potato for easier and more efficient peeling.

Pastry:

10 tablespoons (10 ounces) unsalted butter

2 cups flour

3/4 teaspoon salt

1/4 cup ice water

Roasted Potatoes:

2 pounds Washington Russet potatoes

1/2 cup (1/4 pound) unsalted butter, melted

1 teaspoon dried thyme leaves, crushed

1 teaspoon Kosher salt

1 teaspoon ground white pepper

Ricotta-Chèvre Filling:

2 cups ricotta cheese

1 cup chevre (goat cheese)

1/2 cup grated Parmesan

1 teaspoon Kosher salt

1/2 teaspoon ground white pepper

1 egg

2 medium leeks, white portion only, thinly sliced

2 tablespoons unsalted butter

Kosher salt and ground white pepper to taste

1 cup (4 ounces) shredded Fontina cheese

1 egg

1 teaspoon water

1 tablespoon chopped fresh thyme leaves

Pastry: Cut butter into small pieces and chill. In large mixing bowl, whisk flour and salt together. Using pastry blender, two knives or fingertips, cut cold butter into flour

Kim Abrams-Marshall

CHEF

Macrina Bakery and Cafe, Seattle

until mixture resembles coarse meal. Sprinkle ice water over. Mix until dough forms a ball. Wrap in plastic wrap and refrigerate.

Roasted Potatoes: Preheat oven to 350°F. Scrub potatoes with vegetable brush under cold running water. Peel potatoes and slice thin. In large mixing bowl, toss potatoes with melted butter, thyme, salt and pepper. Line a baking sheet with parchment paper. Spread potatoes in even layer on parchment. Bake until potatoes begin to turn golden, about 30 minutes. Set aside.

Ricotta-Chèvre Filling: In medium mixing bowl, combine ricotta, chevre, Parmesan, salt and pepper. Stir in egg. Refrigerate.

Meanwhile, in small skillet over medium heat, sauté leek in butter until tender, about 3 to 5 minutes. Season to taste with salt and pepper.

Roll pastry to circle about 1/8 inch thick and 14 inches in diameter. Line a baking sheet with parchment paper. Transfer the pastry circle to the parchment-lined baking sheet.

To assemble:

Sprinkle Fontina cheese in center of pastry circle, leaving a 3-inch border all around. Dollop the ricotta-chèvre filling over the Fontina. Sprinkle with cooked leeks. Arrange roasted potato slices on filling. Fold the 3-inch border up over the filling and pleat to form an edge to hold filling in place. Pinch pleats with thumb and forefinger to seal. Beat egg and water to mix. Brush on pastry rim. Sprinkle with fresh thyme. Put in freezer for 30 minutes or refrigerate 45 minutes to set the pastry. Preheat oven to 375°F. Bake Galette until pastry is golden and cheese is melted, about 35 to 45 minutes.

Nutritional Analysis Per Serving: 917 calories, 31 g protein, 58 g fat (57% calories from fat), 69 g carbohydrates, 234 mg cholesterol, 4 g fiber, 1800 mg sodium.





Chef Marshall says she has a passion for fresh, seasonal food, prepared simply without pretension. She trained at the Pacific Institute of Culinary Arts in Vancouver, BC before coming to Seattle's popular Macrina Café and Bakery.



Outstanding Potato Recipes from Washington State Chefs

MACRINA'S ROASTED POTATO AND FRESH ROSEMARY QUICHE

Makes 6 servings

Chef Kim roasts Washington potatoes with herbs for a flavorful filling. Pick this luxurious quiche for a superb supper or brunch.

Pastry (see *Buttery Potato Galette* recipe)

Roasted Potatoes:

1 1/2 pounds Washington white or Yukon Gold potatoes

1/3 cup unsalted butter, melted

1 teaspoon fresh rosemary leaves, chopped

Kosher salt and ground white pepper, as needed

1 leek, white portion only, thinly sliced

1 tablespoon unsalted butter
Kosher salt and ground white pepper, as needed

Custard:

2 eggs

3 egg yolks

1 cup heavy cream

1 cup milk

1 teaspoon Kosher salt

1/4 teaspoon ground white pepper

1/4 teaspoon ground nutmeg

1 cup (4 ounces) shredded Fontina cheese

Fresh rosemary sprigs, for garnish

Prepare pastry as in *Galette* recipe. Fit loosely into 10-inch fluted tart pan. Trim edge. Freeze 30 minutes. Preheat oven to 400°F. Bake pastry shell until golden, about 10 to 12 minutes. Set aside.

Roasted Potatoes: Roast as in *Buttery Galette* recipe. Set aside.

Meanwhile, in small skillet over medium heat, sauté leek in butter until tender, about 3 to 5 minutes. Season to taste with salt and pepper.

Custard: In medium mixing bowl, whisk eggs, yolks, cream, milk, salt, pepper and nutmeg until thoroughly mixed.

To assemble: Sprinkle Fontina cheese and sautéed leek over bottom of baked tart shell. Arrange roasted potato slices in overlapping circles on top of cheese. Pour custard mixture evenly over and around potatoes. Bake at 350°F until custard is puffy around edges and knife inserted near center comes out clean, about 30 to 40 minutes. Cool slightly before cutting into wedges to serve. Garnish with fresh rosemary.

Nutritional Analysis Per Serving: 710 calories, 17 g protein, 47 g fat (59% calories from fat), 56 g carbohydrates, 285 mg cholesterol, 4 g fiber, 861 mg sodium.

Jake Reagan

EXECUTIVE CHEF
Ponti Seafood Grill, Seattle

PONTI'S PURPLE POTATO RISOTTO WITH CHIVE OIL

Makes 4 servings

Chef Reagan cooks pretty purple potatoes risotto-style, so that they absorb liquid as they cook and come out creamy and rich. Save the chive oil to use in salad dressings or to drizzle on plain baked potatoes.

2 pounds Washington purple or blue potatoes
1 tablespoon butter
1/2 slice bacon, minced
1 tablespoon minced garlic
1 tablespoon minced fresh thyme leaves
1/4 cup heavy cream
2 teaspoons apple cider vinegar
Salt and pepper, as needed
Fresh thyme sprigs or chives for garnish
Fresh chive blossoms, for garnish

Chive Oil: Rinse 1 bunch fresh chives and trim ends. Blanch in boiling water 10 seconds. Transfer to bowl of ice water to cool. Drain well, squeezing out as much water as possible. Chop coarsely. In blender, combine chopped chives



Chef Reagan, born and raised in Seattle, trained at Vancouver BC's Dubrulle French Culinary School's Professional Culinary Program. He then worked at a variety of well known Seattle restaurants (Cutter's Bay House, Oyster Bar and Barking Frog, among others) with a few diversions: a year at Arnaud's in New Orleans and five weeks as a private charter boat chef.



with 1 cup canola oil and blend on high. Line a strainer with a coffee filter and strain chive oil. It should be clear and green. Set aside.

Scrub potatoes with vegetable brush under cold running water. Peel and finely dice potatoes. In large skillet over high heat, melt butter. Add bacon and garlic and sauté until garlic begins to brown. Add potatoes and thyme leaves and cook 2 minutes. Add cream and vinegar, reduce heat to low and cook until cream is reduced and potatoes are tender but still hold their shape, about 5 minutes. Mixture should be creamy. If liquid reduces too quickly, add a small amount of water to keep potatoes moist. Season to taste with salt and pepper.

Nutritional Analysis Per Serving:
316 calories, 5.5 g protein, 16.25 g fat (23% calories from fat), 38 g carbohydrates, 29.5 mg cholesterol, 4.3 g fiber, 371.5 mg sodium.

PONTI'S YUKON GOLD POTATO AND FENNEL GRATIN

Makes 12 servings

Fennel is a perfect partner with wonderful Yukon Gold potatoes in this rich variation on scalloped potatoes. If you wish, save a few of the fennel fronds for garnish.

4 pounds (about 8) Washington Yukon Gold potatoes
1 fennel bulb, trimmed
2 cups heavy cream
1/2 cup (2 ounces) shredded Fontina cheese
1 teaspoon salt
1/4 teaspoon ground pepper

Velouté Sauce:

1/4 cup clarified butter
1/4 cup flour
2 1/2 cups chicken stock
Salt and pepper, as needed

2 slices bacon, cooked and chopped (optional)
1/4 cup minced chives (optional)

1/2 each sweet red and yellow peppers, seeded and cut in julienne strips

Preheat oven to 375°F. Scrub potatoes with vegetable brush under cold running water. Peel potatoes. With a mandoline or very sharp knife, slice potatoes and fennel bulb very thin. In large bowl, toss potato and fennel slices with cream, cheese, salt and pepper. In buttered 9x13x2-inch baking dish arrange potato-fennel mixture in an even layer. Cover with foil. Bake until cream is reduced and thickened, about 35 to 45 minutes. Remove foil and bake until top is browned, about 5 minutes. Let stand briefly before serving.

Meanwhile, prepare Velouté Sauce. In medium saucepan over medium high heat, heat clarified butter. Whisk in flour and cook until bubbly. Slowly whisk in stock. Heat to boiling, then reduce to simmer and cook 5 minutes. Season to taste with salt and pepper. Strain sauce through fine mesh strainer. Stir in bacon and chives, if desired.

To serve: Cut in 3- by 3-inch squares, trimming edges. Spoon about 2 tablespoons Veloute sauce into center of each warmed serving plate. Place gratin square on sauce. Garnish with julienne pepper strips.

Nutritional Analysis Per Serving:
330 calories, 6 g protein, 21 g fat (56% calories from fat), 31 g carbohydrates, 71 mg cholesterol, 5 g fiber, 503 mg sodium.

Outstanding Potato Recipes from Washington State Chefs





CRISPY POTATO LEEK PANCAKE WITH NORTHWEST SMOKED SALMON, CRÈME FRAICHE AND SHALLOTS

Makes 4 servings

If you don't have a mandoline you can shred the potatoes with the fine shredding disk of a food processor. You may shred the potatoes a little in advance – just keep them covered with cold water until ready to assemble the pancakes. You'll be making 4 pancakes, one at a time, so it will be helpful to divide the potatoes, butter, mushrooms and leeks into four batches. Chef Lenard suggests additional crème fraîche and 1/2 ounce of beluga caviar as a luxurious topping for each pancake.

- 2 large Washington Russet potatoes
- 8 ounces clarified butter
- 3 large shitake mushroom caps, cleaned and sliced very thin
- 1 leek, white only, cut in fine julienne
- 8 ounces cold smoked salmon sliced in thin sheets
- 1/4 cup crème fraîche
- 2 tablespoons minced shallots
- 2 tablespoons minced chives

Scrub potatoes with vegetable brush under cold running water. Peel. Using the shredding blade of a mandoline (slicer) cut the potato into 1/16th inch long shreds. Rinse in three changes of cold water. Drain and pat dry. In 8-inch nonstick skillet over medium high heat, heat 1/4 of the butter until very hot but not smoking. Add 1/4 of the mushrooms and 1/4 of the leeks in an even layer, then 1/4 of the potatoes in an even layer. Cook until edges are brown, about 3 to 5 minutes. Turn and cook until second side is nicely browned, about 3 more minutes. Place on paper towel lined baking sheet and keep in 250°F oven while preparing remaining pancakes. Repeat, using 1/4 of butter, mushrooms, leeks and potatoes for each pancake.

To serve, place on warmed plate with mushroom/leek side up. Top each pancake with 1/4 of the smoked salmon, 1 tablespoon crème fraîche and 1 rounded teaspoon each shallot and chives.

Nutritional Analysis Per Serving: 611 calories, 14 g protein, 54 g fat (78% calories from fat), 20 g carbohydrates, 158 mg cholesterol, 2 g fiber, 1618 mg sodium.

Eric Lenard

CHEF

Husky Den

University of Washington, Seattle

Chef Lenard put his degree in French to good use by working as translator and chef's assistant at the famous LaVarenne Ecole de Cuisine in Paris, where he earned the La Varenne Grande Diplome. In France, he worked in several famous restaurants in Paris and Burgundy before coming to The Heritage House in Mendocino, CA. He then moved to The Hunt Club, the nationally acclaimed fine dining restaurant in Seattle's Sorrento Hotel. Before joining Jean-Michel Boulut at the University of Washington, he had his own catering and consulting firm, then was Corporate Chef of Six Degrees Restaurants.



Jean-Michel Boulut

EXECUTIVE CHEF
University of Washington, Seattle

POTATO CRUSTED CHILEAN SEA BASS

Makes 4 to 5 servings

Chef Boulut likes to serve the potato crusted fish over buttered steamed rice, surrounded by young lettuce and a salsa of pickled cocktail onion, pear tomatoes, capers, olives, fresh basil and olive oil. His unique preparation calls for long potato strings cut with a Japanese vegetable rotating slicer – you can find one at specialty kitchen stores.



French born and trained, Chef Boulut came to Seattle by way of famous hotel dining facilities in Vancouver, San Francisco, Thailand, Hawaii, Florida, Phoenix and New York. He opened the restaurant in Seattle's new W Hotel. He now heads a team of ten chefs who have revolutionized the meals at the University of Washington residences and Union. As a result, diners come from off campus to enjoy superb food.



- 2 teaspoons chopped chives
- 2 teaspoons chopped parsley
- 2 teaspoons chopped basil
- 2 tablespoons olive oil
- 2 pounds Chilean sea bass or halibut
- Salt and pepper
- 1 pound Washington Klondike Rose potatoes
- 1 lemon, juiced
- 2 cups olive oil

Combine herbs with the 2 tablespoons olive oil. Cut the fish into 3-ounce pieces and coat well with the herb/olive oil mixture. Sprinkle with salt and pepper. Set aside while preparing potatoes. Scrub potatoes with vegetable brush under cold running water. Peel. Using a Japanese vegetable rotating slicer, cut the potatoes into long strings. Sprinkle the potatoes with the lemon juice. Lay the potato strings on a clean work surface and wrap each fish piece evenly with the strings. In large skillet over medium heat, heat the 2 cups olive oil. Test for temperature by dropping a small piece of potato string into the oil. Bubbles should form around the potato but it shouldn't brown or sizzle. Add the wrapped fish pieces to the oil and cook, turning once, until potato is just lightly browned, about 10 minutes total. Drain on paper towels.

Nutritional Analysis Per Serving: 439 calories, 44 g protein, 19 g fat (39% calories from fat), 22 g carbohydrates, 93 mg cholesterol, 2 g fiber, 160 mg sodium.

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Outstanding Potato Recipes from Washington State Chefs

Tom Douglas

CHEF/OWNER

Etta's, Palace Kitchen and Dahlia Lounge and Bakery

TOM DOUGLAS' POTATO-TURNIP GRATIN

Makes 6 servings

Tom suggests using celery root, rutabaga or fennel as a substitute for the turnips, if you wish. He does recommend a mandoline for thin-slicing. You can find them in kitchen shops ranging from a few dollars to more than \$100. Just remember to watch your fingers – not all inexpensive mandolines have safety guards.

3 tablespoons unsalted butter, divided
1/4 cup chopped Italian parsley
2 teaspoons each chopped fresh rosemary, fresh sage, fresh thyme
4 large Washington Russet potatoes
Kosher salt and freshly ground black pepper
1 cup (4 ounces) freshly grated Parmesan cheese, divided
1 cup heavy cream, divided
2 cups 1/8-inch thick peeled turnip slices

Preheat oven to 400°F. Butter 10x15x1-inch baking pan with 1 tablespoon of the butter.

Combine herbs and set aside. Scrub potatoes with vegetable brush under cold running water.

Peel potatoes and slice 1/8 inch thick. Spread half the potatoes in single layer over bottom of buttered pan. Season with salt and pepper. Sprinkle 2 tablespoons herb mixture and 1/4 cup Parmesan over potatoes. Drizzle with 1/4 cup of the cream. Spread all turnip slices over potato slices. Season with salt and pepper. Sprinkle with 2 tablespoons of the herb mixture and 1/4 cup Parmesan. Drizzle with 1/4 cup cream. Spread remaining potato slices over turnips. Season with salt and pepper. Sprinkle with remaining herbs and Parmesan. Drizzle with remaining cream and dot with remaining butter. Cover with foil and bake for 35 minutes. Remove foil and broil until golden brown crust forms, about 5 minutes.

Recipe from *Tom Douglas' Seattle Kitchen*. Wm Morrow.

Nutritional Analysis Per Serving:
411 calories, 8 g protein, 45 g carbohydrates, 23 g fat (49% calories from fat), 75 mg cholesterol, 5 grams fiber, 163 mg sodium.





TOM DOUGLAS' CORNED BEEF HASH WITH YUKON GOLD POTATOES

Makes 4 servings

Chef Douglas picks versatile Yukon Golds for this popular and hearty brunch special. He suggests you cook the corned beef in advance, or use leftover corned beef.

8 ounces Washington Yukon Gold potatoes
3 tablespoons unsalted butter
2/3 cup diced onion
1 poblano chile, seeded and minced (about 2/3 cup)
1/3 cup diced carrot
3 cups chopped cooked corned beef
2 tablespoons plus 1 teaspoon bottled chili sauce
Kosher salt
2 tablespoons unsalted butter
8 large eggs, poached

Scrub potatoes with vegetable brush under cold running water. Peel potatoes and cut into 1/2-inch dice. Place potatoes in medium 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 and set aside.

In large skillet over high heat, melt butter. Add potatoes, onion, poblano and carrot and fry, stirring occasionally, until vegetables are soft and potatoes begin to brown. Add corned beef and chili sauce. Season to taste with salt. Add 2 tablespoons butter and fry, tossing or turning, till hash starts to get crisp and brown.

Top each portion with 2 poached eggs.

Recipe from *Tom Douglas' Seattle Kitchen*. Wm Morrow.

Nutritional Analysis Per Serving: 644 calories, 36.5 g protein, 21 g carbohydrates, 46 g fat (64% calories from fat), 575 mg cholesterol, 3 grams fiber, 173 mg sodium.



Tom Douglas' restaurants are Seattle institutions — so much so that the Dahlia Lounge was featured in the movie “Sleepless in Seattle.” Douglas has long been a leader in promoting fresh local seafood and other products and received a James Beard award for Best Chef in the Northwest.

Outstanding Potato Recipes from Washington State Chefs

Christine Keff

CHEF/OWNER

Flying Fish and Fandango, Seattle



FLYING FISH POTATO PEANUT CAKES

Makes 8 servings

Comfort food with class – that’s how to describe these hearty and flavorful potato pancakes. Consider them for a special breakfast or brunch, or as a side dish with grilled fish, steak or chicken.

3/4 pound medium Washington Yukon Gold potatoes
1 slice bacon, diced
1 cup fresh corn kernels (cut from about 2 ears)
1/4 cup finely chopped onion
1/4 cup finely chopped red bell pepper
1 teaspoon chopped fresh thyme leaves
1/4 cup sliced green onions
1/4 cup chopped peanuts
1/2 teaspoon salt
1 egg, lightly beaten
Pan spray
Fresh thyme for garnish

Scrub potatoes with vegetable brush under cold running water. Place potatoes in medium saucepan and add cold water to cover completely. Heat to boiling, then reduce heat to simmer. Cover and cook until tender, about 15 minutes. Drain and cool. Peel potatoes. Shred potatoes into a large bowl. In skillet over medium high heat, cook bacon pieces until crisp. Remove bacon from pan and reserve. Add corn, onion, pepper and chopped thyme to bacon drippings in skillet. Cook until onion is tender, about 3 to 5 minutes. With a fork, stir reserved bacon pieces, corn mixture from skillet, green onions, peanuts, salt and egg into shredded potatoes. Coat non-stick griddle or large skillet with pan spray and heat over medium-high heat. Spoon about 1/3 cup potato mixture onto griddle for each cake, then flatten slightly with back of spatula. Cook until golden brown, about 3 to 5 minutes. Turn and cook second side until golden brown. Garnish with fresh thyme sprigs.

Nutritional Analysis Per Serving:
101 calories, 4 g protein, 4 g fat (35% calories from fat), 11 g carbohydrates, 28 mg cholesterol, 2 g fiber, 158 mg sodium.



FLYING FISH POTATO APPLE HASH

Makes 12 (1/2 cup) appetizer servings, 6 (1 cup) side dish servings

Chef Keff serves this savory hash as an appetizer along with a seared sea scallop on a radicchio leaf, or as a side dish with pork or ham entrees.

4 large Washington Yukon Gold potatoes
 1/4 cup olive oil
 1 medium onion, peeled and finely chopped
 3 Washington Jonagold apples, peeled, cored and diced
 2 tablespoons butter
 1 tablespoon chopped fresh thyme leaves
 Salt and pepper

Scrub potatoes with vegetable brush under cold running water. Peel and dice potatoes. In large non-stick skillet over medium heat, heat olive oil. Add onion and cook until translucent, about 3 to 5 minutes. Add potatoes and cook, stirring occasionally, until almost tender, about 6 to 8 minutes. Add apples, butter, thyme and cook until potatoes are tender, about 5 minutes. Season to taste with salt and pepper.

Nutritional Analysis Per Side Dish Serving: 348 calories, 4.7 g protein, 54 g carbohydrates, 13 g fat (34% calories from fat), 10 mg cholesterol, 6 grams dietary fiber, 53.5 mg sodium.



Outstanding Potato Recipes from Washington State Chefs

James Beard award winner Christine Keff has two restaurants in Seattle's hip Belltown, Flying Fish and Fandango. She trained at New York's famous Four Seasons and opened three different restaurants in New York before extensive travels in Asia and settling in Seattle. In 1999, she was recognized by the James Beard Foundation as the Best Chef in the Northwest/Hawaii. She and her restaurants have been featured in all major national food and wine magazines and Seattle restaurant reviewers and diners give both restaurants the highest of ratings.

Edwin Franciso and Moe Lofti

CHEFS

Swedish Hospital Providence Campus, Seattle



Preheat oven to 400°F. Remove outer papery skin of garlic head. Rub cloves with oil. Place in small pan and bake until garlic can be easily pierced with a fork, about 45 minutes.

Meanwhile, scrub potatoes with vegetable brush under cold running water. Peel and quarter potatoes. 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 15 to 20 minutes. Drain well. Mash potatoes with butter. Squeeze roasted garlic cloves from skin into mashed potatoes. Add milk, wasabi, salt and pepper. Mash until well blended.

Nutritional Analysis Per Serving:
257 calories, 96.7g protein, 11 g fat (37% calories from fat), 37 g carbohydrates, 28 mg cholesterol, 2.6 g fiber, 375 mg sodium

SWEDISH PROVIDENCE WASABI MASHED POTATOES

Makes 6- 8 servings

The innovative chefs at Swedish Hospital's Providence Campus combine roasted garlic and hot-hot wasabi paste with Russet potatoes.

1/2 medium head garlic
1 teaspoon olive oil
4 pounds Washington Russet potatoes
1/2 cup (1/4 pound) butter, softened
1/4 cup milk
1 1/2 tablespoons 100% real wasabi paste
1 teaspoon salt
Pinch pepper



In addition to feeding patients and visitors, the kitchens of Swedish/Providence Hospital provide impressive dishes for a wide variety of catered events. Before joining the hospital, Edwin Franciso worked in catering at Seattle's Metropolitan Grill for twelve years. His career in cooking started in the Philippines. Franciso is extremely creative with catering events where he designs clever decorations for large parties. Moe Lofti has extensive experience in all phases of restaurant management. He began his cooking career in 1980 at the Hotel Knickerbocker in New York, then worked as a chef for seven years in the Virgin Islands followed by five years in California.



SWEDISH PROVIDENCE ROASTED POTATO "MUSHROOMS"

Makes 12 servings,
two "mushrooms" each

These surprisingly shaped roasted potatoes star at catered events at the hospital. You'll want to try them for a special buffet or party. Save the potato trimmings to use in soups or in hash.

12 medium Washington red potatoes
1/4 cup olive oil
1 tablespoon minced fresh rosemary leaves
1 tablespoon paprika
1 teaspoon dried granulated garlic
Fresh rosemary sprigs for garnish

Preheat oven to 400°F. Scrub potatoes with vegetable brush under cold running water. Peel and halve potatoes. Working from cut side, trim potatoes to form stem of "mushrooms". Arrange on baking sheet and brush generously with olive oil. Sprinkle with rosemary, paprika and garlic. Bake until tender, about 20 to 35 minutes. Garnish with rosemary sprigs

Nutritional Analysis Per Serving:
165 calories, 3 g protein, 5 g fat
(27% calories from fat), 27 g carbohydrates, 0 mg cholesterol, 3 g fiber, 10 mg sodium.

Outstanding Potato Recipes from Washington State Chef

Kathy Casey

CHEF

Kathy Casey Food Studios and Dish D'Lish, Seattle

PACIFIC RIM POTATO & VEGGIE STEW

Makes 6 to 8 servings

Washington potatoes really absorb the exotic flavors of coconut milk and ginger in this bright-flavored, Asian-inspired dish. If you like Asian curry, blend 1 to 2 teaspoons of Thai curry paste with a little of the coconut milk and add along with the rest of the coconut milk. For variety, stir in some cooked shrimp or chicken.

- 6 large Washington red potatoes (about 2 to 2 1/2 lbs)
- 1 can (14 ounces) chicken broth
- 1 can (13 - 14 ounces) unsweetened coconut milk
- 2-inch piece peeled fresh ginger, cut into 1/4-inch slices
- 1/8 to 1/4 teaspoon red chili pepper flakes
- 1 stalk fresh lemongrass, trimmed, split and cut in 2-inch pieces
- 1 small red onion, cut in 1/4-inch julienne
- 3 cloves garlic, minced
- 2 tablespoons cornstarch
- 2 tablespoons soy sauce
- 1 cup 1/4-inch celery slices
- 1 cup 1/4-inch carrot slices
- 1 red bell pepper, seeded and diced
- 1 1/2 cups sugar snap or snow peas

Garnishes: chopped fresh cilantro, thinly sliced green onions, lime wedges, soy sauce, Asian hot chili sauce.

Scrub potatoes with vegetable brush under cold running water. Cut into quarters. In a large pot, combine the potatoes, chicken broth, coconut milk, ginger, chili flakes, lemongrass, onion and garlic. Heat to boiling, then reduce to simmer. Cover and cook until potatoes are not quite tender, about 10 minutes. In a small bowl, whisk together the cornstarch and the soy sauce. Stir mixture into the simmering stew. Gently fold in celery, carrots and pepper. Bring to a simmer, cover and cook until vegetables are almost tender but still firm, about 5 to 6 minutes, adding the peas during the last 2 minutes.



Photo by Jane Armstrong

To serve, divide the vegetables among large bowls, and then divide liquid evenly. Sprinkle each serving with a little chopped cilantro and sliced green onion. Pass the remaining garnishes at the table: limes for squeezing into soup, soy sauce for drizzling and Asian chili sauce for spiciness, if desired.

Nutritional Analysis Per Serving:
175 calories, 5.6 g protein, 1 g fat (6% calories from fat), 36 g carbohydrates, 0 mg cholesterol, 5 g fiber, 653 mg sodium.



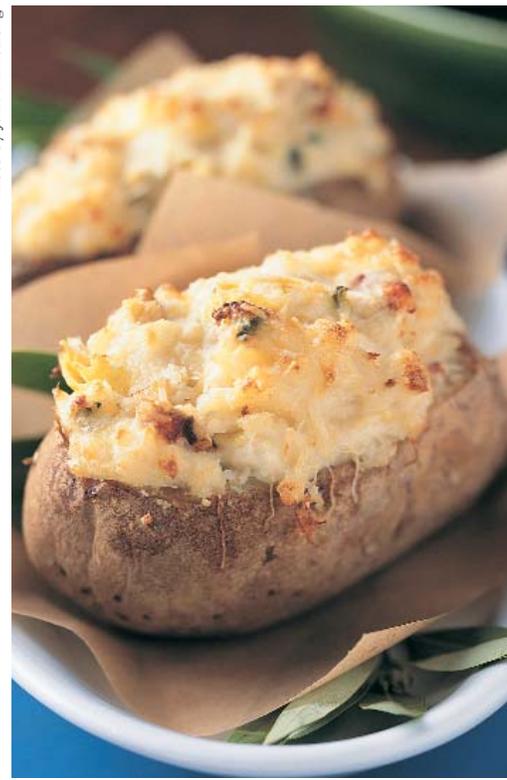
Hometown girl Kathy Casey is the chef that took Fuller's Restaurant in the Seattle Sheraton to stardom. She now runs Kathy Casey's Food Studio, is a consultant to restaurants and food companies all across the country, including the Washington State Potato Commission, has authored several cookbooks and writes regularly for the *Seattle Times*.

ARTICHOKE & CRAB STUFFED POTATOES

Makes 4 servings

Kathy Casey has created a rich and savory pairing of baked Washington Russets filled with artichoke and crab dip. For a milder version of the filling, use only a teaspoon or less of the jalapeño peppers.

Photo by Jane Armstrong



Kerry Sear

CHEF-OWNER
Cascadia, Seattle

CASCADIA ROSEMARY GARLIC FRIES

Makes 6 servings

These are true French-style fries, twice cooked – first in 320° oil, then cooled and finished off in 425° oil before they get tossed with garlic and rosemary.

3 pounds Washington Russet or Yukon Gold potatoes
3 cloves garlic, peeled and very finely minced
2 tablespoons chopped fresh rosemary leaves
1 tablespoon chopped Italian parsley
Canola oil for frying
Sea salt

4 large Washington Russet potatoes
3 ounces cream cheese
1/4 cup milk
1/4 cup mayonnaise
1/3 cup thinly sliced green onions
1 tablespoon minced pickled jalapeños
2 teaspoons minced fresh garlic
3/4 cup shredded Parmesan cheese
1 pound crab meat
1 can (13 - 14 ounce) quartered artichoke hearts, well-drained and coarsely chopped
Extra shredded Parmesan cheese for topping

Preheat oven to 400°F. Scrub potatoes with vegetable brush under cold running water. Pierce each potato several times with a fork. Bake on rack in center of oven until tender, about 50 to 60 minutes. Remove from oven and let stand for 10 minutes. Meanwhile, in large mixing bowl with electric mixer (use whip attachment if available), mix together cream cheese, milk, mayonnaise, green onions, jalapeños and garlic.

Cut the top third of potato off lengthwise. Scoop out the hot potato from both top and bottom with a spoon, leaving a 1/2-inch shell. Add the scooped out potato to the mixing bowl and mix well. Stir in the 3/4 cup Parmesan cheese, crab meat and artichokes. Spoon the mixture back into the potato shells, piling up and dividing evenly. Sprinkle with extra Parmesan for a pretty top. Place potatoes on a baking sheet and bake until golden brown and heated through, about 20 - 25 minutes.

Nutritional Analysis Per Serving:
749 calories, 47 g protein, 32 g fat (37% calories from fat), 75 g carbohydrates, 130 mg cholesterol, 8 g fiber, 1388 mg sodium.



Since its opening in 1999, Cascadia has attracted sophisticated diners from all over the world. Born and raised on a dairy farm in Warwickshire, England, Chef Sear apprenticed at Stratford-on-Avon de Vere Hotel. He later received international acclaim during his 11 years with Four Seasons Hotels in Vancouver, Toronto and Seattle.



In large deep saucepot, preheat oil to 320°F. Scrub potatoes with vegetable brush under cold running water. Cut into 1/4x1/4x2-inch sticks, leaving skins on. Keep potato sticks in cold water while preparing. Rinse potato sticks under cold running water for several minutes, stirring occasionally to remove excess starch. Drain potatoes well and pat dry with paper towels. Fry potatoes, a small amount at a time, in the oil just until softened but not browned. Drain and spread on wire rack over paper towels. Repeat with remaining potatoes. Cool and then refrigerate for at least 1 hour. Meanwhile in a large bowl, combine garlic, rosemary and parsley. Heat oil to 425°F. Fry the cold blanched fries, a small amount at a time, until golden brown. Drain and turn out onto paper towel lined cookie sheet. Add fries to bowl with garlic and herbs and toss to coat. Serve immediately.

Nutritional Analysis Per Serving:
204 calories, 5 g protein, 3 g fat (11% calories from fat), 42 g carbohydrates, 0 mg cholesterol, 3 g fiber, 12 mg sodium.

Outstanding Potato Recipes from Washington State Chefs

Chef Tom Black

EXECUTIVE CHEF/GENERAL MANAGER
The Barking Frog, Woodinville



POTATO LEEK VICHYSOISE WITH CRÈME FRAICHE

Makes 8 servings

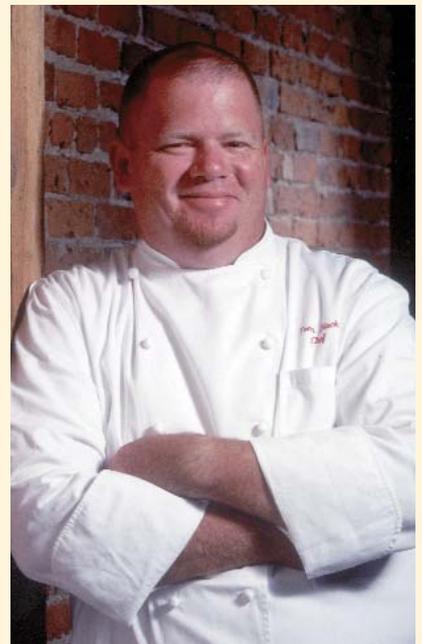
This smooth and creamy chilled potato-leek soup gets extra flavor from Chardonnay wine and fresh thyme. You'll find crème fraîche in the specialty cheese sections of better supermarkets.

- 1 pound Washington white potatoes
- 1 tablespoon butter
- 1 medium onion, peeled and sliced thin
- 2 leeks, white portion only, sliced thin
- 1 clove garlic, peeled and sliced thin
- 1 teaspoon chopped fresh thyme leaves
- 1/2 bay leaf
- 1 quart water
- 1 quart milk
- 2 cups crisp Chardonnay wine
- Salt and pepper
- 1 1/2 cups crème fraîche
- Crème fraîche, garlic croutons and fresh thyme springs for garnish

Scrub potatoes with vegetable brush under cold running water. Peel and dice. Turn into medium bowl and cover with cold water. Set aside. In large saucepot over medium high heat, melt butter. Add onion and cook 2 minutes. Add leeks

and cook until tender, 3 to 5 minutes. Add garlic and cook another minute. Stir in thyme and bay leaf. Add water, milk and wine. Heat to boiling. Drain potatoes and add to saucepot. Reduce heat to simmer and cook until potatoes are tender, about 15 minutes. Remove from heat and blend until smooth, using immersion blender in saucepot OR blending about 3 cups at a time in blender. Season to taste. Chill. Whisk in the 1 1/2 cups crème fraîche before serving. Garnish with drizzle of crème fraîche, garlic croutons and a sprig of thyme.

Nutritional Analysis Per Serving:
350 calories, 7 g protein, 22 g carbohydrates, 23 g fat (58% calories from fat), 85 mg cholesterol, 2 grams dietary fiber, 105 mg sodium.



Chef Black started his culinary career at age 15, working in a family operated restaurant. His culinary training at the New England Culinary Institute led him to Seattle's famous Fuller's Restaurant in the Seattle Sheraton, where he was named chef in 1998. The Zagat Guide named his food as Best Northwest Cuisine and the Washington Wine Commission named the Barking Frog as 2003's Restaurant of the Year. The Barking Frog is at the Willows Lodge in Woodinville.



Each Washington potato variety has its own characteristics and each has best uses.

RUSSETS, the familiar large, brown-skinned oval baking potato, are high in starch and low in moisture. When cooked they are dry and fluffy. Choose them for baking, mashing and French frying.

RED potatoes, with smooth red skin and rounder shapes, are lower in starch and higher in moisture, so they hold their shape through cooking, making them the choice for salads, scalloped and boiling.

WHITE and YELLOW potatoes, including the popular Yukon Gold, have tan skins, oval shapes and white or golden flesh. They are multi-purpose – good for boiling, mashing, frying and roasting.

BLUE potatoes, small and round with blue or purple skins and flesh, have the same waxy texture as red potatoes, so they can be boiled, fried, steamed or mashed.

FINGERLINGS, the fashionable new small, elongated potatoes, have tan to reddish skin with creamy to golden flesh, are good for boiling or steaming.

KLONDIKE ROSE, a new variety, has red skin, golden flesh and an oval shape and is good for steaming, boiling, mashing or baking.

You'll find more recipes and information about Washington potatoes at www.potatoes.com or by writing to us at the Washington State Potato Commission, 108 Interlake Road, Moses Lake, WA, 98837 for the recipe collections *Comfort Food – Potato Dishes Make Everyone Feel Good* or *Speedy Spud Specials – Quick Fixin's for Friends and Family*.



WASHINGTON STATE POTATO COMMISSION

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