



INGREDIENTS

Serves 4

- 4 King Edward potatoes or leftover baked potatoes
- vegetable oil to grease
- salt to season
- 3 litres (105 fl. oz) of vegetable oil

METHOD

- 1 Preheat the oven to 180°C/350°F/Gas mark 4.
- 2 Pierce the potatoes with a fork, rub them with vegetable oil and sprinkle with salt.
- 3 Place them on a baking tray in the oven for 45 minutes-1 hour until soft and cooked. Leave them to cool.
- 4 Cut them into wedges – first into half and then each half into 3 to make 6 wedges from each potato.
- 5 Heat a pan of vegetable oil to 175°C/347°F and deep fry the wedges for 3-4 minutes until golden brown.
- 6 Serve with guacamole and salsa, or sweet chilli sauce.



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ABOUT
FOOD



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ABOUT POTATOES



You can use potatoes to make paintings. Start by cutting a large potato in half. You will need a shaped biscuit or cookie cutter that will fit on the potato half. Press the biscuit cutter into the flat side of the potato. Then, using a knife, cut the potato around the outside of the cookie cutter, leaving a shaped potato stamp. You can use different coloured paints, and paper. Dip the potatoes in the paint and press them firmly onto the paper. If the potatoes are not cut evenly, you may get a few strange results!

- Antoine-Auguste Parmentier was an 18th-century agronomist who convinced the French people to accept the potato as a safe food. He used reverse psychology by posting guards around potato fields during the day to prevent people from stealing them. He left the fields unguarded at night. So, every night, the thieves would sneak into the fields and leave with sacks of these precious potatoes!
- Instant mashed potatoes (dehydrated potatoes) were introduced commercially in 1955. Just add milk!
- Freezing and dehydrating potatoes is not as recent an invention as people think. The early Incas, 2000 years ago, turned potatoes into a form of convenience food called *chuno* by a process of natural freezing and drying. They also dehydrated potatoes by drying them in the sun.
- The British tuck into an enormous 38,000 tons of chips every week.
- Before the Irish potato famine of 1845-50, the Irish people were eating an average of 10 potatoes per person per day. This accounted for 80 per cent of their diet. In addition, potatoes were fodder for their livestock which provided milk, meat and eggs. This total dependence was a disaster when the famine struck. Over a million people died and at least a further two million people left Ireland in search of new lives.

If you want to learn more about the importance of a variety of food for human nutrition, then you might like to take our science short course, *Understanding human nutrition* (SK183).

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