**Potato Lab**

Lab Group 1

**Mashed Potatoes**

* 1 potato, peeled and cut into chunks
* 2 tsp of milk
* ½ Tbl of butter
* Garlic Powder to taste

**Mashed Sweet Potatoes**

* 1 Large sweet potato, peeled and cut into chunks
* 1 pat butter
* 1 tsp Brown Sugar
* Dash Cinnamon

Place potatoes in a small pot and just cover with cold tap water. Place over high heat; cover the pot and bring to a boil.

Place sweet potatoes in a small pot and just cover with cold tap water. Place over high heat; cover the pot and bring to a boil.

As soon as the water comes to a boil, remove the lid and reduce the heat to a simmer. Cook for 15 to 20 minutes or until a potato chunk can easily be crushed with a pair of tongs.

Drain, then return potatoes to the pans. Remove pot and set on a towel or hot pads.

Mash sweet potato, pat of butter, 1 tsp. sugar, and a dash of cinnamon to taste. Set aside.

Pour the milk, butter, and garlic powder into the potatoes and mash with an old-fashioned potato masher. Start tasting and looking at the consistency right away. If mashers seem dry or bland, add more milk. Avoid over mashing or you'll end up with gluey instead of fluffy.

Lab Group 2

**Broiled Potatoes**

* 2 med. potatoes, bias - sliced about 1/4" thick. Thinly slice the potatoes so they cook tender without burning.
* 1 tsp. dried basil; 1/2 tsp. paprika; 1/4 tsp. garlic powder; 1/8 tsp. pepper;
* 1/4 c. grated Parmesan cheese

Stir together butter, basil, paprika, garlic powder and pepper.

Place potato slices in a single layer on greased cookie sheet.

Brush ¼ cup melted butter over both sides of potato slices.

Dip or sprinkle mixed spices on both sides of the potatoes.

C:\Users\Melanie\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\ZWAVZS2I\MC900272314[1].wmfBroil about 5 inches from the heat for 8-9 minutes or until potatoes begin to brown.

Using a wide spatula, turn potatoes. Sprinkle with cheese.

Broil for 4-6 minutes more or until potatoes are tender.

**Broiled Sweet Potatoes**:

* ¼ cup butter
* 1 Tbsp. brown sugar
* 2 dashes cinnamon

Melt butter; stir in brown sugar and 2 dashes of cinnamon.

Brush on sweet potatoes and broil about 5 inches from the heat for 8-9 minutes until potatoes begin to brown.

Use a spatula, turn potatoes over and brush with butter.

Broil for 4-6 minutes longer until potatoes are fork tender.

Lab Group 3

**French-Fry Potatoes**

3 pounds Idaho potatoes

1 Large Sweet Potato   
Shortening or oil for deep fat frying   
Salt and pepper to taste (sprinkle after they are fried)

Peel potatoes, one at a time, cut into strips the length of the potato and 3/8-inch wide, letting each fall into cold water. When all the strips are cut, soak 10 minutes in cold water. Drain and pat dry on paper toweling.

Heat shortening or oil to 330 degrees, add potatoes, about 1 cup at a time, and fry 2 minutes until lightly golden and all sputtering stops. Drain on paper toweling. Potatoes can now be held until just before serving. For the second frying, heat fat to 375 degrees, and fry, on third of the potatoes at a time, 5 minutes until crisply golden.

Lab Group 4

**Potato Skins**

4 lg. Russet potatoes  
3 tbsp. oil  
1 tbsp. Parmesan cheese  
1/2 tsp. salt  
1/4 tsp. garlic powder  
1/4 tsp. paprika  
1/8 tsp. pepper

1. Prick potatoes and bake or microwave until tender.
2. Cool, halve lengthwise and scoop out pulp so that shells are 1/4 inch thick.
3. Mix remaining ingredients and brush over skins.
4. Bake 8 to 10 minutes at 475 degrees until crisp.
5. Add bacon bits, sour cream, cheese, etc.

**Sweet Potato Skins**

4 small sweet potatoes

2 tablespoons olive oil, plus more for oiling

3 tablespoons chopped parsley

1/2 teaspoon dried oregano

1/2 teaspoon dried rosemary

1/2 teaspoon dried thyme

1/2 teaspoon dried sage

Salt and pepper, to taste

1. Prick potatoes and bake or microwave until tender.
2. Cool, halve lengthwise and scoop out pulp so that shells are 1/4 inch thick.
3. In a small bowl, combine oil, herbs, salt & pepper. Brush mixture all over potato skins.
4. Broil until browned in parts and piping hot, 4 to 6 minutes total.

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Potato Lab Questions:**

1. What is a potato’s vegetable classification?
2. What is a sweet potato’s vegetable classification?
3. List **three** safety rules when deep frying French fries.
4. On what rack is the pan of potatoes placed in order to broil them?
5. What utensil is used to mash potatoes?
6. Explain the steps in making mashed potatoes.
7. Explain the steps making a baked potato.