



## Great Offer

You'll never refer to the potato as humble ever again when you hear that there are twenty different and inspiring individual varieties of Carroll's Heritage Potatoes grown by Anthony and Lucy at Tipico Farm in Northumberland. Each variety has a wonderful name, like the Highland Burgundy 1936, Dunbar Rover and the Arvan Victory 1918, and offers you a taste of history, great flavour and unique cooking qualities.

Carroll's Heritage Potatoes have full traceability because they are grown to a very high environmental farming standard with the LEAF (Linking Environment And Farming) Marque accreditation, which is the backbone of their farming, and this was recognised in 2006 when the farm was crowned "The Most Beautiful Farm" in Britain.

While supplying restaurants directly, Carroll's also provide an efficient mail order service, and "Friend" Readers can take advantage of the offer of 2 x 1.5 kg bags of any 2 varieties (can be mixed) delivered to your door, for the special price of £11.00. To order please telephone 01890 883060 or 883833. quoting reference number CHP1007. This offer, UK only, will run until the end of October, 2007.

## Salad of Watercress and King Prawns with a Sauté of Ratte 1872 Carroll's

### Heritage Potatoes

#### INGREDIENTS

- 750 g (1 lb 10 oz) Carroll's Heritage Potatoes, Ratte 1872
- A dash of olive oil
- 500 g (1 lb 2 oz) watercress
- 25 king prawns, cooked and skinned
- Zest of 2 lemons
- Juice of 1 lemon
- 50 ml (2 oz) shallots, sliced
- 50 g (2 oz) shallots, sliced

To Serve: a little lemon zest and juice.

#### METHOD

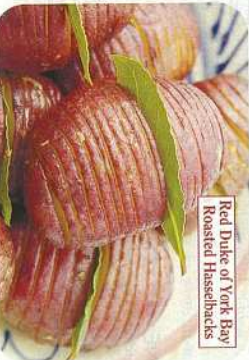
- 1 Cut the potatoes into 3mm (¼ in) slices.
- 2 Salt and lightly oil the potatoes. Arrange in layers in a buttered oven-proof dish.
- 3 Season well with salt and pepper. Add the garlic, pour over the cream and scatter over the cheese, if using.
- 4 Place in oven for 45 minutes or until it is brown on top.

#### Cook's Note:

The waxy texture of the Ratte 1872 potato means that the texture stays complete.

Recipe devised by Andrew Pein, The Star Inn.

"... potatoes like they used to taste"



Red Duke of York Bay Roasted Hasselbacks

## Posh Smoked Fish Fingers with Pea and Mint Mashed Carroll's Heritage Potato

### INGREDIENTS

- 1 kg floury Carroll's Heritage Potatoes, Red King Edward 1916 or Dunbar Rover 1936
- 250 g (9 oz) smoked salmon trimmings
- 50 g (2 oz) shallots or spring onion
- 30 g (2 oz) fresh garden herbs, chopped
- Salt and freshly-ground black pepper, to taste
- 50 g (2 oz) flour
- 2 eggs, beaten
- 500 g (1 lb 2 oz) breadcrumbs
- 500 g (1 lb 2 oz) frozen or fresh garden peas
- 50 g (2 oz) fresh garden mint, chopped roughly
- 100 ml (3½ fl oz) whipping cream
- 50 g (2 oz) butter, melted
- Juice of ½ lemon

#### METHOD

- 1 Peel, then place potatoes into cold water in a saucepan, bring to the boil and simmer for 15 to 20 minutes until tender. (Cold water from the beginning of the mesh from being glazy or grainy, and gives a good smooth mash.) Drain and press through a potato ricer, or sieve.
- 2 Combine 500 g (1 lb 2 oz) of the mashed potatoes with the smoked salmon, shallots and chopped herbs, season to taste. Mould into fingers approximately 6 x 2 cm (2½ x ¾ in), coat with flour, then egg, then breadcrumbs. Chill in a refrigerator and use as required.
- 3 To the remaining mash, add the peas, mint and cream gently. While the mash is heating, deep fry the fish fingers until golden brown.
- 4 Place fish fingers on top of mashed potatoes. Spoon over a little butter and a squeeze of lemon juice and serve immediately.

#### Serves 10.

Recipe devised by Andrew Pein, owner and head chef, The Star Inn, Hemsley, www.thestarinn.co.uk

## Red Duke of York Bay Roasted Hasselbacks

### INGREDIENTS

- 24 small to medium-sized Carroll's Heritage Potatoes Red Duke of York, unpeeled and scrubbed
- Approximately 20 kg leaves, torn in half lengthways
- 15 g (½ oz) unsalted butter
- 45 ml (3 tbs) olive oil
- 1-2 cloves garlic, chopped
- Sea salt flakes and freshly-ground black pepper, to taste

#### METHOD

- 1 Pre-heat oven to 375 deg. F., 190 deg. C., Gas Mark 5.
- 2 To prepare the potatoes, place 2 chops on a board, between 2 items, using a sharp knife, and holding the sticks and potato in place, make cross ways cuts 5 mm (¼ in) apart, just cutting down to the sticks. Alternatively, spear each potato with a skewer about 5 mm (½ in) from the top edge across as described above, then remove the skewer.
- 3 Insert a couple of bay leaves, or a whole leaf if small in the sliced potato.
- 4 Melt the butter with the olive oil in a heavy-based roasting tin.
- 5 Over a moderate heat, stir in the garlic and carefully add potatoes in a single layer. (Take care or they will splutter.) Move them around so they are around to 2 colour slightly, then season with salt and pepper.
- 6 Put the tin in pre-heat oven and roast for about 25 to 50 minutes until golden brown and tender, as they cook the potatoes will open out like a fan.

# SPLENDID! SPUDS!

Surprise your family and friends with these tasty, and unusual, potato recipes...

## Sausage and Blue Mash with Shallot Red Wine Sauce

### INGREDIENTS

- 4 good quality sausages
- 450 g (1 lb) of Carroll's Heritage Potatoes Staid Blue 1900s, peeled
- 30 ml (2 tbs) milk
- Sea salt and freshly-ground pepper, to taste

#### For the Shallot Red Wine Sauce:

- 1.7 ltr (3 pt) good quality brown beef stock
- 20 shallots, peeled
- ½ bottle red wine
- 2 measures of port
- Butter

#### METHOD

- 1 To make the sauce, reduce the stock in a pan by three-quarters.
- 2 Put shallots in a frying pan and fry until they are browned. Add wine and reduce again until it achieves a sticky consistency. Add one or two knobs of butter and use to drizzle over the top of the sausage pieces as a glaze.
- 3 Add reduced stock to the shallots and wine and reduce again until it achieves a sticky consistency. Add one or two knobs of butter and use to drizzle over the top of the sausage pieces as a glaze.
- 4 Grill the sausages for approximately 15 minutes for a nicely browned, then slice into quarters.
- 5 Boil the potatoes until cooked then mash with milk, sea salt to taste.
- 6 To the mash add 30 ml of the sauce and serve with red wine sauce.

Serves 10 as an appetiser.

Recipe devised by Margaret Rice, www.freshdelicious.co.uk

## Hot Pot Potatoes

### INGREDIENTS

- 100 g (3½ oz) soft butter
- 1 kg (2 lb 4 oz) Carroll's Heritage Potatoes
- Salt and freshly-ground black pepper, to taste
- 2 carrots
- 250 g (9 oz) clarified butter
- 1 fresh thyme sprig
- 1 fresh rosemary sprig

#### METHOD

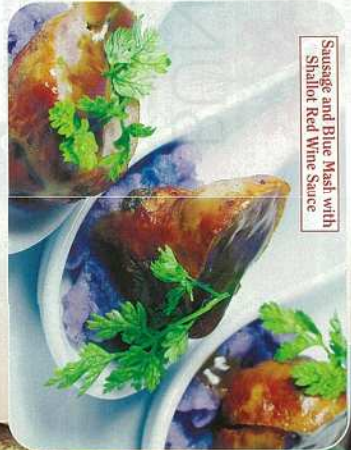
- 1 Pre-heat oven to 350 deg. F., 180 deg. C., Gas Mark 4.
- 2 Using the soft butter, heavily grease a round, 1 ft (1¼ pt) oven-proof dish, 5 cm (2 in) deep. Peel potatoes and slice very thinly, sprinkle with a pinch of salt and leave in a colander to drain for 10 minutes. Wash the carrots and onions and slice thinly. Strip the leaves from the thyme and rosemary sprigs and chop finely.
- 3 Drain the potatoes and pat dry on a clean cloth, select some of the most attractive slices and arrange them in a single layer in the bottom of the dish. Using some of the largest slices, overlap the sides of the mould also, overlapping as you go. When the bottom and sides are covered, the potatoes should be 3 layers and a sprinkling of carrot and onion and a pinch of chopped herbs. Add 3 tablespoons of clarified butter, and season with salt and pepper. Create another 3 layers of sliced potatoes, then more carrot, onion, herbs and butter. Continue building in this way until the mould is full to the brim and all of the ingredients are used up.
- 4 Cover the mould with a sheet of foil, then the top of the pre-heated oven and bake for 1 to 1½ hours, or until a small knife slices easily through to the centre. Remove from the oven and allow to rest for at least 5 minutes, before turning out and cutting into generous wedges with a very sharp knife.

Cook's Note: Suggested varieties are Arvan Victory 1918, British Queen 1894, Red Duke of York 1942, Dunbar Rover 1936 or Red King Edward 1916.

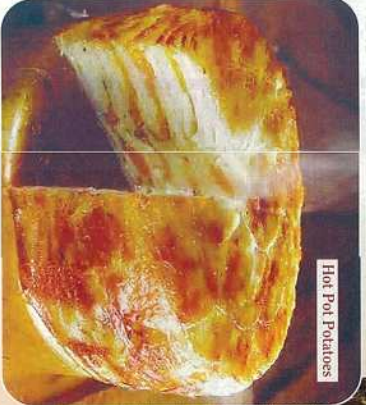
Recipe devised by Terry Laybourne, owner/chef of Westmont Dene House, www.westmontdenehouse.co.uk



Posh Smoked Fish Fingers with Pea and Mint Mashed Carroll's Heritage Potato



Sausage and Blue Mash with Shallot Red Wine Sauce



Hot Pot Potatoes

**Remember** Recipes have been given in both metric and imperial. It is important to use one or other method throughout as they are not exactly the same. Recipes have been tested in metric only.

Lucy's Multicoloured Pommes Dauphinoise

