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Maine Potato Recipes

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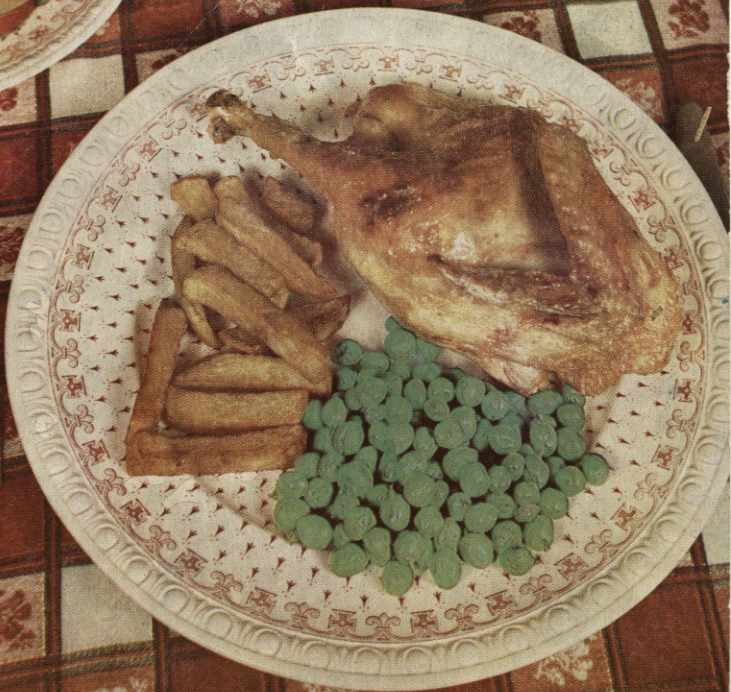
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Maine Potato Recipes



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GOOD RECIPES FOR MAINE POTATOES

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Potatoes are a "must" at many meals. And rightly so. They are easy to prepare, they taste good, and they supply real food values.

In the quantities that you eat them, they can supply some of your daily requirements of Vitamin C, the B Vitamins, iron, starch, and a small amount of good quality protein. While their energy value is high, they need not be fattening. It's the butter, gravy, or other fats that we put on them that pile up the calories.

To get the most food value from potatoes, boil them in their jackets and eat them as soon as they are cooked. If potatoes must be peeled, peel them thin and put them in salted water. Soaking in water makes them lose food value.

Cook them in a small amount of water until just done. Use the water in soups, gravies, and sauces.

Parsleyed Potatoes

Boiled potatoes may be served buttered whole with cut-up pieces of parsley, or moistened with

lemon-butter and then sprinkled with chopped parsley.

Roast Brown Potatoes

Parboil potatoes for 10 minutes, then place in the pan with your meat roast and bake until tender. It is well to baste them with roast drippings once or twice during the baking.

Baked Whole Potatoes

Select potatoes of uniform size with unmarred surfaces and bake in a hot oven (410° F.). Bake small-sized potatoes about 25 minutes, medium ones 40 minutes, and large ones 60 minutes. Remove from the oven when the potato feels soft. Make two gashes on the flat side at right angles to each other. Pinch from underneath so as to force the potato through the opening. This allows the steam to escape and prevents sogginess. Drop a piece of butter or a piece of cheese in the opening, sprinkle with paprika, and serve at once.

Baked Potato Slices

Use large round potatoes. Scrub them. Without peeling them cut them in 1/2-inch slices. Bake them in a moderate oven (375° F.) until they are done. Serve with butter, salt, and pepper.

Mashed Potatoes

6 medium-sized potatoes	The hot cooked potatoes are mashed or put through a potato ricer (or coarse strainer).
1 cup hot milk or cream	Add the hot milk, butter, and seasoning, and beat until light. Serve at once piled high in a hot uncovered dish.
2 tablespoons butter	
2 teaspoons salt	
White pepper	

Duchess potatoes are mashed potatoes to which a beaten egg yolk has been added. The mixture should be piled lightly into a greased baking dish, brushed over with a beaten egg white and heated in a moderate oven until lightly browned. Either Duchess or mashed potatoes may be used for garnishing planked steak and fish. The potato is forced onto the plank through a pastry tube into fancy form. It is then browned in a moderate oven. Mashed potatoes are often served as nests for peas, creamed vegetables, or meats.

Mashed Potato Patties

Use cold mashed potatoes: Shape them into small cakes, roll them in flour, and fry them golden brown in a little fat. For variety, add to the mashed potatoes chopped meat, or fish, or grated cheese.

Farm Style Fried Potatoes

Peel potatoes and slice thin. For each 2 cups of slices allow a tablespoon of meat drippings. Place in a frying pan with a little cold water. Sprinkle with salt. Cover and cook 10 to 15 minutes. Steam from the water will cook the potatoes. When they begin to brown, turn them with a spatula. They burn easily. Onions to taste (1 to 4 tablespoons) may be sliced along with the potatoes.

Scalloped Potatoes

6 medium sized potatoes	1½ teaspoons salt
1½ cups hot milk	White pepper
5 tablespoons fat	1 tablespoon chopped
2 large onions	parsley
2 tablespoons flour	

Wash, pare, and slice or dice the potatoes and onions. Sometimes the potatoes are parboiled. Grease a shallow baking dish or pan, place in it alternate layers of potatoes and onions sprinkled with flour, salt, pepper, and dotted with fat. Pour in fresh milk to almost cover the potatoes. Unless the milk is fresh it may curdle. Bake in a slow oven (275° F.) until the potatoes are brown on top and soft throughout. The slow oven is important in order to prevent the milk curdling or boiling over. If the potatoes become dry, add more hot milk. Sprinkle the chopped parsley over the top and serve from the baking dish. The fat, flour,

and milk can be made into a white sauce first. If desired the onions may be omitted.

Scalloped Liver and Potatoes

1 pound liver, sliced thin	1 quart thinly sliced potatoes
Salt and pepper	1 small onion, minced
Flour	1½ cups milk
2 tablespoons bacon fat	

Salt and flour the liver and brown lightly in the bacon fat. Place a layer of the raw potatoes in a greased baking dish, sprinkle with salt and pepper, add some of the liver and onion, and continue until all are used. The top layer should be of potatoes. Pour on the milk, cover, and bake for 1 hour in a moderate oven (350° F.), or until the potatoes are tender. At the last remove the cover and allow the potatoes to brown on top. Cooked sausage may be used in place of liver.

Potato and Carrot Pudding

¼ cup fat	2 eggs
1 cup grated raw carrot	3 teaspoons baking powder
1 cup grated raw potato	½ teaspoon cinnamon
1 cup brown sugar	½ teaspoon cloves
1½ cups seeded raisins	½ teaspoon nutmeg
1 cup nuts	1 teaspoon salt
	1½ cups flour

Cream butter, add sugar, beat, add eggs, beat. Add vegetables. Mix and sift baking powder and seasoning with flour, and beat; then add fruit dredged with small part of the flour. Steam 3 hours. Serves 6.

Potato Pancakes

2 cups raw potatoes	$\frac{1}{4}$ teaspoon pepper
$\frac{1}{4}$ cup milk	1 tablespoon finely
1 egg, beaten slightly	chopped onion
2 tablespoons flour	(optional)
1 teaspoon salt	

Grate potatoes and put immediately into the milk. Add egg, flour, salt, pepper, and onion. Drop from a tablespoon onto a greased frying pan. Cook until well browned and crisp on both sides. Serve hot.

Potato-Hamburger Pie

12 small onions	3 tablespoons fat
8 small carrots	3 tablespoons flour
$\frac{3}{4}$ pound ground beef	2 cups seasoned
Seasonings	mashed potatoes

Cook onions and carrots. Season beef and form into 8 balls. Brown in fat, place in casserole. To make gravy, add flour to drippings; brown, add 1 to $1\frac{1}{2}$ cups liquid using any left from cooking vegetables. Stir until thickened. To meat balls, add gravy, onions, and carrots. Cover with the mashed potatoes. Brush with milk; bake in a

moderate oven (350° F.) until brown (about 20 minutes). This recipe will make 4 servings.

Tomato-Potato Salad

Combine, in amounts that give you a tasty salad, diced tomatoes, diced cooked potatoes, chopped onion, and French dressing, seasoned to taste.

Cold Potato Salad

1 quart potatoes	2 tablespoons grated
2 tablespoons chopped	onion or chopped raw
parsley	cucumber and/or
French dressing	green pepper

Boil potatoes in their jackets, cool and peel. Slice or dice them. Mix with the parsley, onion, cucumber, or pepper. Moisten with French dressing. Allow to chill about two hours before serving.

Juice from sweet pickles may be used for the dressing. When it is served, a little mayonnaise may be added. The salad may be garnished with hard-cooked eggs sliced.

Hot Potato Salad

Boil potatoes in their jackets. Peel. Cut up onion, or raw cucumber, or green pepper, or pars-

ley to taste. Add hot bacon fat and a little vinegar. Season with salt and pepper. Sometimes it is well to mix the bacon fat, vinegar, salt, and pepper and use mixture as a dressing. Serve at once.

Cream of Onion and Potato Soup

3 cups scalded milk	4 medium potatoes
1 cup potato water	4 onions
2 tablespoons flour	1 green pepper
2 tablespoons fat	Salt and pepper

Boil potatoes, peppers, and onions together until tender. Dice the vegetables. Make a white sauce of the liquid, flour, and fat. Add scalded milk and vegetables to the white sauce. Season with salt and pepper. Serve hot.

Fried Potatoes and Scrambled Eggs

When fried potatoes are almost done, pour beaten eggs into the pan and scramble them in with the potatoes.

Baked Eggs in Potato Nests

Place mashed potatoes in a baking dish. Make holes and slip an egg into each hole. Cover with more hot mashed potato. Bake until eggs are done. This can also be done on top of the stove.

Mashed Potato Stuffing

8 cups mashed	3 cups chopped onion
potatoes (about)	2 cups chopped celery

4 tablespoons	1½ cups of milk
chopped parsley	2 teaspoons salt
12 strips of bacon	1 teaspoon pepper

Peel and cook about 18 medium potatoes. Add the salt, pepper, milk, and parsley. Fry the bacon until crisp, add the celery and onions and cook until tender. Add all to the mashed potatoes. Stuff the bird lightly.

Potato Dumplings

1 cup mashed potatoes	1½ teaspoon salt
1 cup all-purpose flour	3 egg yolks, beaten

Mix all ingredients. Shape into balls using a tablespoon. Drop into boiling salted water. Serve with meat (stew). Makes about 16 balls.

Fish Cakes

1½ cups flaked, cooked, or canned fish	1 egg
1½ cups dry mashed potatoes	Pepper
1 tablespoon finely chopped onion	Flour
½ teaspoon salt	Fat

Combine all ingredients except the flour and fat. Shape the mixture into patties, roll in flour, and brown in fat.

Fish-Potato Puffs: Add 2 egg yolks instead of a whole egg to the mixture of fish and potato. Add seasonings and fold in stiffly beaten egg whites. Put the mixture into greased custard cups

and bake in a moderate oven (350° F.) 30 minutes. Serves four.

Baked French Fries

Cut peeled potatoes into lengthwise strips about 1/2-inch wide and 3/8-inch thick. Place in a single layer in the bottom of a baking pan. Pour a little melted fat over them and sprinkle them with salt. Bake in a hot (450° F.) oven for 30 minutes or until done. It is well to turn them during the baking so as to brown them on all sides. Allow 1 or 2 potatoes to a portion.

Creamed Potatoes

Make a medium white sauce in the top of a double boiler. When the white sauce is done, add the diced or sliced potatoes (leftover). Heat until the potatoes are hot. Leftover vegetables such as peas, carrots, string beans may also be added. Be sure that there are enough vegetables to take up the sauce.

Clam Casserole

2 cups clams with liquor	2 cups parboiled potatoes diced
1 slice salt pork diced	1 teaspoon salt
1 tablespoon fat	1/16 teaspoon pepper
2 cups hot water	

Mix clam liquor, hot water, pork, and fat. Simmer 45 minutes. Add salt, pepper, chopped clams,

and diced potatoes. Place in casserole. A crust may or may not be added. Bake in a hot oven 20 minutes.

Hash

For any leftover potatoes and meat, or fish:

Put meat and potatoes through the food chopper. Onions to flavor may also be ground up. Season with salt and pepper and make into patties. Fry in a hot fry pan with enough fat in the pan to keep from sticking.

Fish should be flaked and mixed with chopped-up potatoes. An egg may also be added. Season with salt and pepper and fry in a hot fry pan with enough fat to keep from sticking.

Red flannel hash is made by chopping up the leftovers from a boiled dinner. Beets give the color to the hash. Leftover meat may also be added. Chop all together, season with salt and pepper, and fry or bake in a fry pan greased so that the hash will not stick to the bottom of the pan.

Potato Yeast

4 medium sized potatoes	3 tablespoons salt
1 cup flour	1 dry yeast cake
1/4 cup sugar	(soaked in 1 cup tepid water)
2 2/3 pints boiling water	1/2 teaspoon ginger

Pare the potatoes, cut in small pieces. Cook in plenty of boiling water until soft. Put all other ingredients except yeast in a bowl or crock. Put potatoes through a colander or sieve over dry ingredients. Beat mixture thoroughly; add the potato water to make a medium stiff batter. When mixture is just lukewarm, add the soaked yeast cake and beat thoroughly. Keep in a warm place for 24 hours before using. Then keep the yeast in a cool place. Pour into sterilized crock or jars. Cover and store in a cool, dark place. This will keep about 2 weeks. One cup of the yeast mixture may be used to make up a new batch.

When using this yeast, allow from 2 tablespoons to 1 cup of liquid for each loaf of bread, depending upon the size of the pan.

Potato water, when used in breadmaking, gives a tasty brown crust. The bread is a little darker than when milk is used. The bread keeps its moisture and does not get stale as quickly as when water is used.

Potato Bread

Combine $1\frac{1}{2}$ teaspoons salt, $\frac{1}{2}$ cup boiling water, 1 tablespoon sugar, 1 tablespoon fat, 2 cups of mashed potato, 2 cups of all-purpose flour. Add 1 yeast cake which has been softened in $\frac{1}{2}$ cup of lukewarm water. Add 2 cups of all-purpose flour. Make a moderately stiff dough. Turn out on a lightly floured board and knead until

smooth and satiny. Place in a greased bowl and let rise until double in bulk. (At 80 to 85° F.). Punch down and shape into loaves, let rise until double in bulk and bake in a moderately hot oven 45 to 50 minutes.

Vegetable, Nut, and Potato Loaf

1 cup cooked carrots or	1 egg
celery, diced	1 teaspoon salt
$\frac{3}{4}$ cup chopped nut	$\frac{1}{8}$ teaspoon paprika
meats	2 teaspoons chopped
3 cups mashed potatoes	onion
3 tablespoons fat	

Combine all ingredients. Pack them into a greased loaf pan. Bake for 35 minutes in a moderate (350-400° F.) oven. Serve hot with tomato sauce.

To make the tomato sauce, use tomatoes in place of milk in a white sauce recipe.

Delmonico Potatoes

Slice 6 medium potatoes thin. As they are sliced, drop them into 2 cups of thin white sauce. Cook them until boiling. Arrange a layer of potatoes with white sauce in a casserole. Add a layer of grated cheese ($\frac{1}{4}$ pound of cheese for the whole dish). Finish with a layer of cheese on top. Cover and bake in moderate (375° F.) oven about 25 minutes until potatoes are done. Take off cover and brown top. Serve hot.

Potato Pegs

3 cups of warm mashed potatoes	1/16 teaspoon pepper
	1 egg unbeaten
1 1/4 teaspoon salt	1/4 cup sifted all-
2 tablespoons fat	purpose flour

Combine ingredients and mix well. Divide the mixture into thirds or fourths. This is so that each part can be easily rolled with the palms of the hands into a roll about 1/2-inch thick. Cut these rolls into 2-inch pieces. Fry in deep fat until golden brown or place in a hot spider with a little fat. Cook until brown. Serve piping hot.

Potato Candy

Mix equal parts of soft mashed potatoes and powdered sugar. Add vanilla flavoring and almonds extract—2 teaspoons of vanilla and 1/2 of the almonds extract. Make a stiff paste. Add more sugar if necessary. Add raisins, shredded cocoanut, nut meats, peanuts, candied fruits. Spread the mixture in a buttered pan and chill for 24 hours. Cut as fudge. Butternut meats are very good in this candy.

O'Brien Potatoes

3 cups fried potato cubes	1 jar pimientos cut in small pieces
1 slice onion	Finely chopped parsley
1 1/2 tablespoons butter	

Cook onion in butter 3 minutes, add pimientos, beat thoroughly. Add potatoes. Stir until well mixed. Serve sprinkled with parsley.

French Fried Potatoes

Wash and pare potatoes, cut in eighths lengthwise. Soak for 1 hour in cold water to cover. Drain. Fry a few at a time in deep fat (370° F.) until delicately browned, and drain on brown paper. Heat fat to a higher temperature, (395° F.), return all the potatoes to the fat, using a frying basket and fry until crisp and brown, keeping the basket in motion. Again drain on brown paper.

Fried potato cubes: Shape potatoes in cubes and fry in deep fat.

Hashed Brown Potatoes

3 cups finely diced	1/4 cup milk
cold boiled potatoes	Seasonings
3 tablespoons flour	3 tablespoons bacon fat

Put potatoes in a bowl; add flour and milk; season with salt and pepper. A little grated onion or chopped parsley may be added. Mix thoroughly. Heat 2 tablespoons clear bacon fat in a 9 inch frying pan. (Heavy aluminum or an old-fashioned iron skillet is better than thin iron pan.) Turn potatoes into hot fat, packing them

with a spatula into a large round cake, and moving pan from side to side to keep potatoes from sticking. Cook over medium heat until brown and crusty. Turn out potatoes onto a flat lid. Add remaining tablespoon of bacon fat to the pan, slide potatoes back into hot pan. Continue cooking until brown, packing edges with spatula and shaking pan all the while. Turn out onto hot plate. Serve piping hot.

Oven-Fried Potatoes

Wash, pare, and cut potatoes in eighths, lengthwise. Soak 1 hour in cold water. Dry between towels. Dip in melted butter and bake in hot oven (400° F.) until delicately brown, turning occasionally. Sprinkle with salt. Bacon fat may be used in place of butter.

Lyonnaise Potatoes

2 cups cold boiled	3 tablespoons butter
potatoes sliced or	1 small onion, finely
cubed	chopped
Salt and pepper	

Cook onion in butter 5 minutes. Add potatoes, sprinkle with salt and pepper and stir until well mixed. Cover and cook slowly until potato is brown underneath, fold, and turn onto hot platter. Sprinkle with finely chopped parsley, if desired.

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