

Lesson: Title: Materials Test - Potatoes**Aims of Lesson 18: Using potatoes as the selected material (ingredient) understand:-**

- what to do with food post-purchase - how to store it, how to prepare it, how to cook it.
- the basic traditional (steaming, roasting, boiling, poaching, grilling, baking, frying, stewing) and modern methods of cookery (microwaving, stir-frying in western world) and how they affect nutritional value, energy use, preparation and cooking time of foods and product outcome
- how to match food products with appropriate cookery methods to achieve best product outcome and value-for-money and meets the health and dietary demands of the consumers
- how to use trial and error process of creating recipe variations from using varieties of the same food product

Information

1. *Read* the attached sheet Dobson's Potatoes which summarises the different types of potatoes and their culinary uses.

Recipe: Design your own Potato Wedges (per pair)

2 large potatoes (2 different varieties)

Pinch paprika

1 Tb olive oil

1. *Pre-heat* oven to 200°C. *Line* a baking tray with baking paper.
2. After comparing the raw potatoes and noting your observations in the Table (see overleaf), *wash* and *cut* each potato into even-sized wedges (DO NOT PEEL).
3. *Place* the wedges in a microwave safe bowl with 2 tsps water, *cover* with plastic wrap and *microwave* on high for 3 minutes. *Carefully remove* the plastic wrap, lifting away from you, to avoid a steam burn.
4. *Drain* wedges well in a colander.
5. *Mix* the oil and paprika in the casserole dish and *add* the wedges. *Coat* well with the oil mixture.
6. *Place* wedges on the lined tray and *bake* in the oven for 20 minutes or until golden brown.
7. While the wedges are baking, *prepare* your selected topping.
8. When the wedges are cooked, *select* 2 wedges for the class comparison and *record* your observations on the Table overleaf.
9. *Serve* the remaining wedges with prepared topping.

Topping ingredients

½ cup low fat sour cream

From the list below, *select* 2-4 ingredients you wish to add to the sour cream

Corn kernels

Diced gherkins

Parsley

Pesto

Fried dried shallots

sweet chilli sauce

grated cheese

chives

Roasted capsicum salsa

tomato

sea salt and pepper

tomatoes

Mix your topping ingredients together and place in a serving bowl.

Production (Students work in pairs)

Complete the following task

1. *Select* 2 varieties of potato.
2. *Record* in the table below the observations of the raw potatoes

Table: Observation Record of Two Varieties of Potato (Raw and Cooked)

Potato variety	Colour	Shape	Colour of the flesh	Texture and Taste
1. Raw				
1. Cooked				
2. Raw				
2. Cooked				
3. Raw				
3. Cooked				
4. Raw				
4. Cooked				

3. After cooking, *compare* one wedge from each potato and *rate* which wedge looks the best.
Check the cooked colour of the skin and the flesh and *compare* the texture and taste of each one. Did they keep their shape? Are they smooth and creamy, waxy, crumbly (texture)?
4. *Record* your observations of the cooked wedges in the Table above.

HOMEWORK

1. *Research* what potato the fast food industry uses to make its French fried potatoes.
Justify why they might use this potato variety – visit <http://foodwatch.com.au/blog/fast-food/item/the-skinny-on-chips.html>
2. *Choose one* potato variety to investigate
3. *Create* a fact sheet for your selected potato – include the following information
 - country of origin,
 - culinary use (suitability for roasting, salads, chipped, boiled, mashed)
 - one recipe that matches its suitability.

TIP – use Australian web sites to investigate your selected potato variety

<http://whitehat.com.au/food/ingredients/potatoes.aspx>

http://www.freshforkids.com.au/veg_pages/potato/potato.html