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Using and Storing Potatoes Michigan State University Extension Service Penny Ross, Extension Food and Nutrition Specialist Issued August 1985 2 pages

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USING & STORING

POTATOES

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potatoes potatoes potatoes potatoes potatoes potatoes Purchase potatoes in bulk to get the best buy. They come in threepound and larger size bags. To get the most food value from your potatoes — store them right.

How to Store Potatoes

Handle them gently. Bumps and bruises turn potatoes dark and cause them to rot.

The best way to store potatoes is in a cool, dark place.

Don't store potatoes in the refrigerator. Refrigerator temperatures turn the starch in potatoes to sugar, giving them a sweet taste and dark color when cooked.

Don't store potatoes in a warm place. Warm temperatures make potatoes sprout and shrivel.

Don't store potatoes in the light. Light causes potatoes to turn green and have a bitter flavor. The ideal storage temperature is 45°-55°F.

A good place might be:

- a cool basement
- a garage
- a storage cellar
- When properly stored, potatoes will remain fresh up to one month.

Potatoes are Good for You

Potatoes are a good source of vitamin C and B vitamins. If you are on a special diet, remember potatoes are low in fat and sodium.

How to Use Potatoes

Potatoes can be served many ways:

boiled

baked

- pan roasted steamed
- mashed
 - or french fried

However you serve them:

• Scrub potatoes gently with a vegetable brush or sponge to clean

and

• leave the peeling on during cooking to conserve nutrients

or

• peel the potatoes, trying to keep the peeling as thin as possible

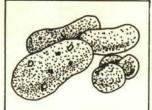
Potato Salad

2-1/2 cups diced cooked potatoes
1/2 cup chopped onion
1/4 cup chopped celery
1/2 cup salad dressing or mayonnaise
1 tablespoon mustard
1 hard-cooked egg, sliced
salt and pepper to taste

Combine all ingredients and **mix** thoroughly. **Cover** and **chill** several hours before serving.

Serve potato salad for lunch or dinner with sandwiches or hamburgers.

Serves 6.



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Potato Pancakes

- 4 cups shredded potatoes (about 4 medium
- 2 eggs, beaten
- 1 small onion, finely chopped
- 1/4 cup flour
- 1 teaspoon salt
- 1/4 cup oil

Mix potatoes, eggs, onion, flour, and salt. Heat oil in a large skillet until hot. Pour out 1/4 cup batter for each pancake. Flatten each with spatula into pancake about 4 inches around. Cook pancakes until golden brown, about 2 minutes on each side. Add more oil if necessary to prevent sticking. Warm pancakes while making more.

Serve potato pancakes as a side dish with sausages and applesauce.

Makes about 16.

Old Fashioned Potato Soup

- 2 tablespoons oil
- 1 medium onion, chopped
- 3 stalks celery, chopped
- 3 medium or 2 large potatoes, peeled and diced
- 4 cups water
- 1 bay leaf
- 1 cup nonfat dry milk
- 2 tablespoons margarine
- salt and pepper to taste

Scalloped Potatoes

6 to 8 medium potatoes, pared and thinly sliced (6 cups) 1/4 cup finely chopped onion 1/3 cup all-purpose flour 1-1/2 teaspoons salt 1/8 teaspoon pepper 2 cups milk

Layer half the potatoes in a lightly greased baking dish. Add half the onion and sift half the flour over the top. Sprinkle with half the seasonings. Repeat layers. Pour milk over all. Cover and bake at 350°F. for 1-1/4 to 1-1/2 hours. Uncover potatoes and bake 15 minutes longer.

Scalloped potatoes are good for dinner served with ham and a green vegetable.

Serves 6.

In a large kettle, **saute** onion and celery in oil until tender. **Add** potatoes, water, and bay leaf and **cook** until potatoes are tender, about 30 minutes. Let **cool** briefly and then **add** milk, margarine, salt, and pepper. **Heat** through but do not boil.

For a warm, delicious lunch, serve potato soup with grilled cheese sandwiches.

Serves 4.

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Prepared by Penny Ross, Extension Food and Nutrition Specialist, MSU.

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