

# Recipes... PURPLE POTATOES



**NOTES & TIPS:** Store potatoes in a cool dry place. They will keep at room temperature for up to two weeks and longer when stored in cool temperatures. Do not store in the refrigerator because the cold temperatures will convert the starches into sugar and the potato will become sweet and turn a dark color when cooked. Do not store with onions, the gas given off by onions accelerate the decay of potatoes.

## FABULOUS PURPLE POTATO GRATIN

4 slices bacon, chopped  
1 leek, sliced  
8 purple potatoes, thinly sliced  
3 tablespoons all-purpose flour  
1/2 cup milk  
6 ounces crumbled goat cheese  
3/4 cup grated Parmesan cheese

Preheat oven to 400 degrees F (200 degrees C). Place bacon in a large, deep skillet. Cook over medium high heat until it starts to brown. Stir in leeks and cook until just tender. Toss potatoes with flour and stir into leek mixture, coating thoroughly. Pour in milk and stir in goat cheese. Cook until cheese is melted and mixture is bubbly. Pour into a 7x11 inch baking dish and sprinkle with Parmesan cheese. Bake in preheated oven for 45 minutes, or until top is golden brown and potatoes are tender.

## PURPLE POTATO SALAD

2 pounds small purple potatoes  
1 purple onion, diced  
2 celery stalks, chopped  
1/4 cup chopped fresh dill  
1/4 cup chopped fresh parsley  
1 cup mayonnaise  
1/4 cup Dijon mustard  
1 teaspoon celery seed  
1 teaspoon cayenne  
1 tablespoon white vinegar  
1 lemon, juiced  
Salt and pepper, to taste

Bring a pot of salted water to a boil. Boil the potatoes until fork tender but not mushy, about 20 minutes. Drain, then rinse in cold water, and cut in quarters. Place the warm potatoes in a large bowl and toss with onion, celery, dill, and parsley. In another bowl, stir together mayonnaise, mustard, celery seed, cayenne, vinegar, and lemon. Check seasoning. Add the dressing to the vegetable mixture. Toss gently to coat taking care not to mash the potatoes. Season with salt and pepper.

## BREAKFAST HASH PURPLE

1 each purple potatoes  
1 each green onions  
1 each garlic  
1 each red peppers  
1 each salt  
1 each pepper  
1 each cayenne pepper powder or paprika

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Soak the purple potatoes in a bowl of water for about a half an hour. This makes it very easy to scrub the skins, eliminating the need to peel them and lose those nutrients. After scrubbing, pat them dry and cut them into approximately ¾" cubes. Be careful where you cut them, as they can stain (purple potato juice!). Put them in a mixing bowl. Wash, trim, and slice the green onions. Add to potatoes. Finely chop the garlic and add to potatoes. Wash and cut up the red peppers to taste. Add salt, pepper, and pepper powder to taste. Slightly oil a non-stick roasting pan. Bake in a 400°F oven for approximately ½ hour. This time will vary with the size and amount of the Potato pieces. Stir occasionally while baking. I have found that ensuring that they lie in a single layer works the best and yields a crispy, not soggy, crust on the potatoes.

## ROASTED PURPLE POTATOES

2 lb Peruvian purple potatoes scrubbed  
1/2 cup extra-virgin olive oil  
1 tbl Mexican oregano  
1 tbl minced garlic salt to taste  
Freshly-ground black pepper to taste  
1 tbl cilantro

Halve the potatoes and place them in a bowl. Mix olive oil, oregano, garlic, salt, and pepper. Mix well. Drain potatoes well and add them to the oil mixture. Toss with olive oil mixture. Spread the potatoes on a sheet pan. Roast for 30 minutes . Sprinkle with cilantro and serve.

## CHILIAN SALPICON

1 clove garlic, minced  
1 tablespoon chili powder  
5 tablespoons fresh lime juice  
1/2 teaspoon ground cumin  
1/2 teaspoon salt  
1 lb hanger steak, trimmed of any excess fat  
2 lbs purple potatoes, such as purple peruvians or all blues, scrubbed  
3/4 cup white Corn Kernels (about 1 large ear) or frozen corn, thawed  
1 large avocado, peeled, pitted, and cut into 1/2 inch pieces  
6 radishes, thinly sliced  
2 scallions, thinly sliced  
1/3 cup chopped fresh cilantro  
1/2 cup extra virgin Olive Oil  
1/2 teaspoon salt  
1/2 teaspoon fresh ground black pepper  
4 dashes Tabasco Sauce, to taste

In a small bowl, mix the garlic, chili powder, 1 tablespoon of the lime juice, the cumin, and salt until well combined. Massage this mixture into both sides of the hanger Steak. Cover and refrigerate the meat for at least 2 hours, but no more than 6 hours.

Meanwhile, bring a medium pot of salted water to a boil. Add the potatoes and cook until tender when pierced with a fork, about 20 minutes. Drain and cool, then cut into quarters, or 2-inch chunks, whichever is smaller.

Position the broiler rack 4 inches from the heat and preheat the broiler. Place the hanger Steak on a large lipped baking sheet. Broil, turning once, about 3 minutes each side for medium. Transfer the Steak to a cutting board and let stand for 5 minutes. Cut it in half, then slice each piece into thin strips against the grain, cutting in long strokes with the knife at a 45-degree angle to the cutting board.

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Place the sliced Steak, potatoes, corn, avocado, radishes, and scallions in a large bowl.

## CHILIAN BEEF AND PURPLE POTATO SALAD

### Beef:

- 1 tablespoon chili powder
- 1 tablespoon fresh lime juice
- 1 teaspoon olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon ground cumin
- 1/8 teaspoon garlic powder
- 1 1/2 pounds flank steak, trimmed

### Vegetables:

- 2 pounds purple potatoes
- 1 1/2 cups fresh corn kernels (about 3 ears)
- 1 cup diced red bell pepper
- 1/2 cup thinly sliced celery
- 3 tablespoons chopped green onions

### Dressing:

- 3 tablespoons fresh lime juice
- 1 tablespoon olive oil
- 1 teaspoon cumin seeds, toasted
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1/4 teaspoon hot sauce

### Remaining ingredients:

- Cooking spray
- 2 tablespoons chopped fresh cilantro

To prepare beef, combine first 6 ingredients in a large zip-top plastic bag. Add steak to bag; seal. Marinate in refrigerator 1 hour, turning occasionally.

To prepare the vegetables, place potatoes in a saucepan; cover with water. Bring to a boil. Reduce heat; simmer 20 minutes or just until tender (do not overcook). Drain and let stand 30 minutes. Quarter potatoes lengthwise. Combine the potatoes, corn, bell pepper, celery, and onions in a large bowl.

Preheat broiler.

To prepare dressing, combine 3 tablespoons juice and next 5 ingredients (3 tablespoons juice through hot sauce), stirring with a whisk.

Remove steak from bag; discard marinade. Place steak on a broiler rack coated with cooking spray. Broil 6 minutes on each side or until desired degree of doneness. Let stand 5 minutes. Cut steak in half lengthwise. Cut each half diagonally across grain into thin slices. Add steak to potato mixture. Drizzle with dressing; toss well to coat. Sprinkle with cilantro.