

Snacky Stuff

Hot Potato!



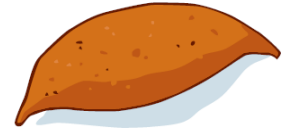
Potato wedges with home-made BBQ dip

Ingredients:

- 1 x King Edward potato
- 1 x Sweet potato
- 1 x Desirée potato
- 1 tablespoon olive oil
- 1 tablespoon tomato ketchup
- 1 tablespoon brown sauce
- 1 tablespoon balsamic vinegar

Equipment:

- Oven
- Oven gloves
- Potato scrubber
- Chopping board
- Knife
- Roasting dish
- Bowl
- Tablespoon



Method:

- 1 Pre-heat oven to 180°C.
- 2 Wash and scrub the potatoes, chop into 10 wedges by halving lengthways then chopping each half into 5 wedges angling your knife downwards.
- 3 Put potatoes into an oven roasting dish, drizzle with olive oil and toss
- 4 Put in pre-heated oven, after 10 minutes toss the wedges to cook evenly.
- 5 In a bowl mix together the tomato ketchup, brown sauce and balsamic vinegar, chill before serving.

Potato Boats

Ingredients:

- 2 x King Edward potatoes
- 1 teaspoon olive oil
- ½ tsp dried oregano
- 1 Avocado
- 2 teaspoon lime juice
- 1 tomato

Equipment:

- Oven and oven gloves
- Potato Scrubber
- Knife
- Chopping Board
- Bowl
- Spoon
- Baking Tray



Method:

- 1 Pre-heat oven to 180°C.
- 2 Wash and scrub the potatoes, place on middle shelf and bake for 45 mins.
- 3 Cool and cut each potato into 4 wedges.
- 4 Scoop out most of the cooked potato (keep the rest to use for mash!) leaving a shell of potato and skin about 1cm thick.
- 5 Brush with oil and sprinkle with oregano. Bake for a further 10 mins.
- 6 Peel tomato – the best way to do this is drop your tomato into boiling water, wait until the skin begins to split and then pop into cold water. When cooled peel off the skin! Once peeled chop into small dice.
- 7 Peel and chop avocado.
- 8 Mix together the avocado, tomato and lime juice.
- 9 When your potato boats are crispy remove from oven and fill with the avocado filling!