



A FRESH POTATO RESOURCE GUIDE

[SPUD FEATURE: RED POTATOES]

Red skin potatoes add dramatic presentation thanks to the contrast between their vibrant, thin red skins and white flesh. A waxy texture enables these spuds to remain firm, yet moist, and hold their shape throughout the cooking process, whether roasted or boiled. Often referred to as “new potatoes,” versatile reds are a great choice for roasting, smashing, potato salads or adding to soups and stews.



[MEET THE GROWER]

Eric Halverson is a fourth-generation potato farmer based in Grand Forks, North Dakota. Eric’s family operation grows red potatoes in five states, including 500 to 1,000 acres of red potatoes in North Dakota’s Red River Valley.

To preserve their appealing yet delicate skins, red potatoes need to be handled with care, nurtured with quality soil and harvested at peak freshness. Demand for red and other specialty potatoes has been on the rise. Eric and his team ensure their red potatoes showcase premium skins and freshness.

Eric recommends red potatoes as a delicious, unconventional choice for a perfect baked potato with a crisp skin and steamy, fluffy inside. He also loves reds for their presentation in skin-on mashed potatoes and potato salads.



[CHEF TIPS]

Reds are a popular choice for both piping hot applications like lobster boils and cool, refreshing dishes such as potato salad. They remain moist and hold their shape at any temperature, and their tender red skin adds an appealing pop of color. Reds are the potato of choice for roasting or smashing because their medium to high sugar content creates a sweet, caramelized flavor when cooked at high temps.

PRO TIP: To cut down on cook time, boil and hold red potato first. Infuse the potato flesh with flavor by generously salting the water and adding herbs and aromatics as well. For perfect smashed potatoes every time, simply smash and broil cooked red potatoes to order.

BEST APPLICATIONS

✓ ROAST

✓ SMASH

✓ STEW OR SIMMER

✓ SALADS

✓ MASH

[RECIPE SPOTLIGHT]

Reimagine the texture and temperature of a classic! Red potatoes are cut into matchsticks and stir-fried with Asian flavors to create a bold, satisfying salad entrée.



WARM POTATO SALAD

Serves 1

INGREDIENTS:

16 ounces Red Skin Potato
1 stalk of Celery
2 ounces Peanuts
5 grams Green Sichuan Pepper Corn
5 grams Chili Flakes
1 tablespoon Black Vinegar
1/2 tablespoon Rice Vinegar
1/4 teaspoon Kosher Salt
3 tablespoons Canola Oil

PREPARATION:

- Slice the potato on a mandolin, then cut them into matchsticks. Soak in a large container of cold water.
- Using the inner stalks of the celery, thinly slice against the grain. Pick young celery leaves and soak them in ice water.
- In a wok, over medium heat, heat 1 tablespoon oil, add peanuts, about 1 gram Sichuan peppercorn and 1 gram chili flakes. Cook the peanuts until golden brown.
- Season with salt to taste. Remove from heat to cool, chop the peanuts for garnish. Turn heat to high. Add 2 tablespoons oil. Drain and dry the sliced potato.
- When the oil is smoking, add the rest of the Sichuan peppercorn and chili flakes.
- Add the potatoes right away. Cook the potatoes quickly, making sure they don't stick to the wok.
- Cook over high heat for about 2 minutes. The potato should be cooked thoroughly but not falling apart.
- Deglaze the wok with black vinegar and rice vinegar. Season with kosher salt.
- Remove from heat and toss in the sliced celery. Garnish with celery leaves and chopped peanuts.

NUTRITION TIP:

One medium potato (5.2 ounces in size, skin-on) has 110 calories and is an excellent source of vitamin C. Skin-on potatoes are also a good source of potassium (more than a banana) and vitamin B6 and are fat, sodium and cholesterol free.