



FARM *to* FORK

A FRESH POTATO RESOURCE GUIDE

[SPUD FEATURE: WHITE POTATOES]

Mildly starchy and firm-fleshed, white potatoes hold up perfectly to cooking. Thanks to a high water content that slowly evaporates during cooking, white potatoes don't break down as quickly. They hold their shape whether they are spiralized, grilled, diced into soups or marinated.

White potatoes have a subtly sweet, neutral flavor and low sugar content. Their delicate, thin skins add just the right amount of texture to velvety mashed potatoes without the need for peeling. Stock white potatoes to fuel your creativity in virtually any application.



[MEET THE GROWER]

John Coombs is a third-generation potato farmer in Southern New Jersey near the shore.

Tending to 350 acres of white potatoes in this region is a different experience than growing potatoes in the Midwest and Pacific Northwest. The humid climate is not ideal for potato farming, so John's family farm takes extra precautions to nurture a healthy white potato crop.

Due to their light skin and flesh, white potatoes can show bruising and blemishes more easily. However, when grown with care and attention, white potatoes are an affordable, stable, versatile potato. White potatoes are moist and produce a superb baked potato, which is John's go-to snack or side after a long day in the field.



[CHEF TIPS]

White potatoes hold their shape without breaking down in both hot and cold applications. They are ideal for spiralizing, grilling or adding to soups or dressed salads. Trust white potatoes to intrigue patrons with unexpected applications, including:

- **GO-TO FOR GRILLED:** Slice, cook and cool white potatoes, then grill to order. They carry the smoky flavor and their pale flesh accentuates those gorgeous grill marks.

- **MICHELIN-WORTHY MASH:** White potatoes are ideal to replicate Joël Robuchon's famous silky, rich potato purée. They create a fine-textured mash.
- **SEXY SALADS:** White potatoes are perfect for salad innovations because they don't break down in dressings and marinades and hold their shape. Try a spiralized potato salad with an olive oil-herb dressing.

BEST APPLICATIONS

- ✓ MASH
- ✓ GRILL
- ✓ SALADS
- ✓ SOUPS AND STEWS
- ✓ GRATINS
- ✓ SPIRALIZE

[RECIPE SPOTLIGHT]

White potatoes put a modern spin on potato salad with chilled, spiralized potato and zucchini noodles, cherry tomatoes, basil and mozzarella pearls tossed in a roasted garlic-lemon vinaigrette.



SPIRALIZED POTATO SALAD

Three quarts volume, 24 each,
4 ounce (1/2 cup) portions

INGREDIENTS:

POTATO NOODLES

4 quarts Water
1 tablespoon Kosher Salt
1 tablespoon Wine Vinegar
2-3 large potatoes, 2 quarts White Potatoes,
skin on, washed

ZUCCHINI NOODLES

16 ounces or 6 cups volume Zucchini,
washed, ends trimmed and spiralized

ROASTED GARLIC LEMON VINAIGRETTE

1 teaspoon Lemon Zest
1/4 cup Lemon Juice
1/8 cup Champagne Vinegar
1-1/2 teaspoon Kosher Salt
1/2 cup Olive Oil
1/2 teaspoon Sugar, granulated
1/2 cup Roasted Garlic (recipe follows)

ROASTED GARLIC

3 cups Garlic Cloves, whole, peeled
Olive Oil to cover

MIX-INS

1/8 cup Shallot, minced very fine
3/4 teaspoon Black Pepper, fresh ground
1/6 cup Fresno Chili, brunoise
1 cup Cherry Tomatoes, red halved
1 cup Cherry Tomatoes, yellow halved
1/2 cup Red Onion, julienne
1/2 cup Nicoise Olives, brined, pitted, halved
1/2 cup Basil, fresh, chiffonade
1 cup Mozzarella Pearls
1/2 cup Parsley, flat leaf, minced

PREPARATION:

POTATO NOODLE

- Put 4 quarts cold water, vinegar, and kosher salt into a stockpot and place on stove.
- Process potatoes through spiralizer, place into a mixing bowl, and immediately toss into the cold water.
- Turn on burner and bring potatoes and water slowly to a boil.
- When water is at a hard boil, set a timer for 5 minutes.
- Strain potatoes from boiling water.
- Toss hot potato spirals with vinaigrette. Allow to cool to room temperature.

ROASTED GARLIC

- Place whole garlic heads into a pocket of foil in an oven-safe dish.
- Drizzle a scant amount of olive oil over the garlic. Cover garlic tightly with foil.
- Place in oven at 250°F for 1-1/2 hours.
- Remove from oven, allow to cool. Squeeze roasted garlic out of the paper husks. Place into a deli container.

ROASTED GARLIC LEMON VINAIGRETTE

- Place all ingredients in a blender. Emulsify. Chill and reserve.

TO SERVE

- Place potato noodles previously tossed in vinaigrette and zucchini noodles into a large mixing bowl. With gloved hands, mix the two noodles together dry, incorporating well. Add the remaining vegetable ingredients and with gloved hands, mix thoroughly, but gently. Taste for salt and adjust if needed.
- Place into storage container, label, date and refrigerate.

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.