

POTATOES



INTRODUCTION

Different potatoes will cook differently - use a potato suited to your end use.

Waxy: Ideal for boiling, salads, casseroles and soups.

All-purpose: Suitable for most end uses.

Floury: Ideal for mashing, wedges, roasting, chips and baking.

TYPES

At either ends of the spectrum, a potato is either floury or waxy. Some potatoes are less floury or less waxy than others - these potatoes fall in the area of 'all-purpose' and will tend to perform most tasks, perhaps with not as good results as the ones which clearly fall into the floury or waxy category.

Potatoes which tend to be waxy are...

- Most early (new) season potatoes
- Nadine
- Draga
- Jersey Bennes
- Frisia
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Potatoes which tend to be all-purpose are...

- Rua
- Desiree
- Karaka
- Red Ruby
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Potatoes which tend to be floury are...

- Ilam Hardy
- Red Rascal
- Agria
- Fianna
- White Delight

WHAT TO LOOK FOR

If a potato does not perform how you predicted - be prepared to change your cooking method to match the type of potato you have!

However...

- As the season progresses a potato changes. e.g. an Ilam Hardy early in the season (October) is quite waxy. As the Ilam Hardy gets older it is a good all-purpose potato, whilst towards the end of the season when a lot more of the natural sugars have converted to starch, it tends to be floury! Not all potatoes show such a range of characteristics!
- Weather, climate and soil have a dramatic effect on the cooking performance of a potato. e.g. a Southland grown Nadine may be very waxy whilst a Pukekohe grown Nadine may be only slightly waxy. These factors can also influence flavour.