

Oven Roasted Potatoes



TIP: I recommend **not peeling the skins** from the **potatoes**. Not only is peeling an extra step, but more importantly, removing the skin significantly decreases the **nutrient** and **fiber** content found in both the potato skin and right below the skin.

Preparation Time: 10 minutes

Cooking Time: 25 minutes

Ingredients (for 6-8 as side dish)

6 Yukon Gold or 4 Russet (Idaho) Potatoes
(Yukon Gold Potatoes are pictured below)

Olive or Vegetable Oil

Garlic Salt

Paprika (optional)

Ground Black Pepper



Equipment

Large Sharp Knife

Cutting Board

Large Bowl

Baking Pan

Spatula

Timer

Potholder

Abrasive Dish Sponge (great for cleaning potato skins, though a vegetable brush or even your hands work fine)



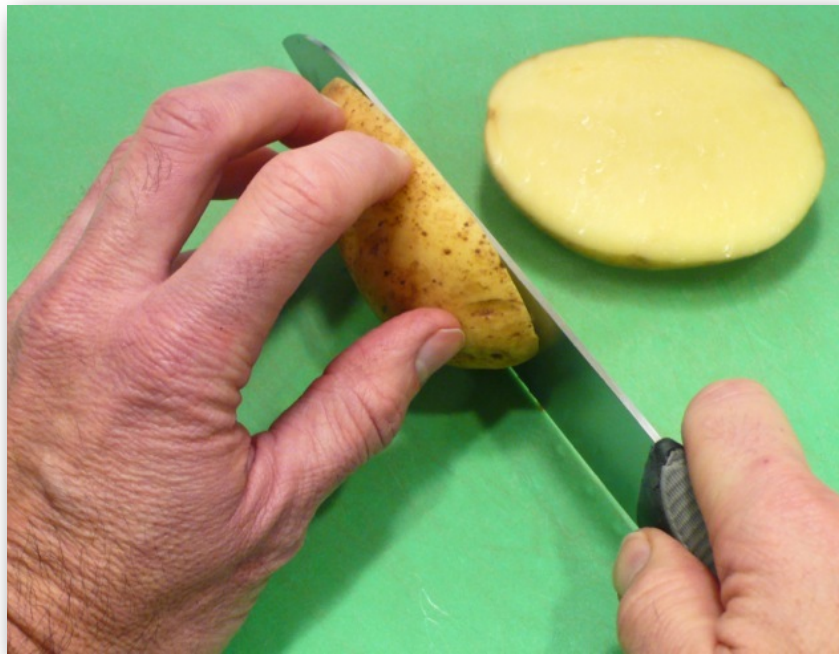
1. Place an oven rack a third to half way up from the oven bottom, and preheat the oven to 450 degrees (230 degrees Celsius).



2. While the oven warms, do as follows to prepare the **potatoes**. Start by rinsing and scrubbing the **potatoes** clean either with an abrasive dish sponge (shown below), a vegetable brush or your hands.



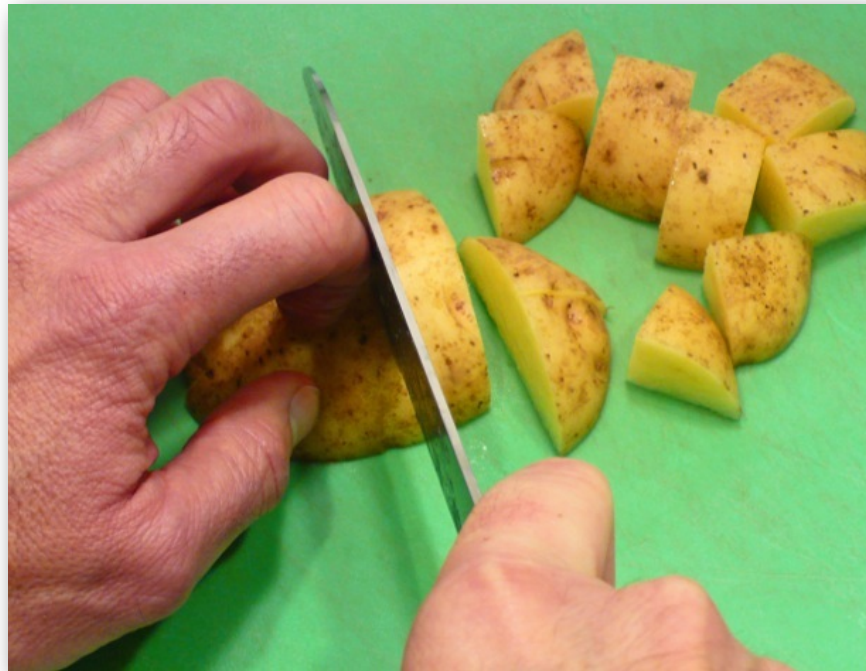
Cut the **potatoes** in half lengthwise.



Cut each **potato half** again lengthwise into **2-3 potato strips**, depending on **potato size** (the goal in the end is to make **bite-sized potato pieces**).



Then cut the **potato strips** in cross section into pieces about 3/4 inch (20 mm) wide.



Put the **cut potatoes** in a big bowl, and pour on a **shot of olive** or **vegetable oil** (start with **light pour of oil** - you just want enough **oil** to coat the **potatoes** lightly).



Shake on a **dusting of garlic salt, paprika, and...**



...ground black pepper, and mix the **potatoes** either with your hands or a spoon until they are evenly coated with all the **added ingredients**.



3. Pour the **potatoes** onto a baking pan, and spread them evenly so that the **potato pieces** do not overlap.



4. When the oven warms to 450 degrees (230C), put the **potatoes** in the oven, and set a timer for 25 minutes.



5. When the timer sounds, check the **roasted potatoes** for doneness by driving the tip of a sharp knife into the **middle of one of the largest potato pieces** on the baking pan. The **potato piece** should be soft throughout. If your **potatoes** are not soft throughout, keep roasting

and checking for doneness at 5 minute intervals until they're cooked through.



6. When the **roasted potatoes** are cooked through, remove the baking pan from the oven with potholders or folded dish towels, and...



...serve the **freshly roasted potatoes** warm.



7. To make clean up as easy as possible, wait until the baking pan is safely cool to touch. Then wipe any **excess oil** and **residue** from the baking pan with a wad of paper towels. Add a **squirt of dish soap**, and...



...cover the inside of the pan with warm water. Let the pan sit for 5-10 minutes, scrub with a dish brush and/or sponge, and rinse clean.



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