# Better food for all.

## MOUR GUIDE HO

Potatoes are a versatile comfort food. Not only do they taste great in the dishes we know and love, like French fries and mashed potatoes, but they are also delicious when prepared in unexpected ways. Here are the differences between the varieties and some great, easy new ideas for serving them up.

**TRY:** 



Tastes mildly earthy and less sweet than other varieties. Low in moisture and high in starch, baker's potatoes have thick brown skin and rich, hearty flesh. They have a fluffy light texture when cooked.



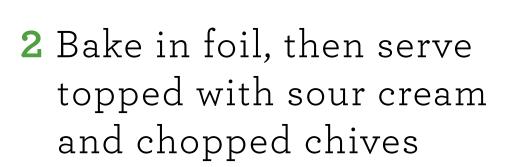


**1** Boil and mix with butter

and milk for creamy

mashed potatoes







**3** Blendwith cooked carrots for carrotand-potato purée

#### MINI MEDLEY

A blend of miniature red, yellow and blue potatoes with contrasting flavours, from honey-like to earthy, they stay firm after cooking.



- **1** Roast or steam as a colourful side dish, adding a drizzle of olive oil, and salt and pepper to taste
- **2** Use in mayonnaise-free potato salad with Dijon mustard and red onions
- **3** Peel, quarter and boil and add to niçoise salad

### NEW POTATOES (RED AND WHITE)

Buttery flavour and low in starch, with a super tender texture when cooked. Waxy, thin skin and creamy, mild flesh. Defined as any potatoes that are harvested before they've reached full maturity.





**TRY**:

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- **1** Steam or boil with skin on, then top with butter, chopped chives and dill
- **2** Bake with sea salt and rosemary



**3** Slow-roast to make a one-pan meal with roast chicken and tomatoes

#### SWEET POTATOES

Moist, with a delicate, candy-like sweetness and vivid orange flesh. High in starch and creamy-soft when cooked.



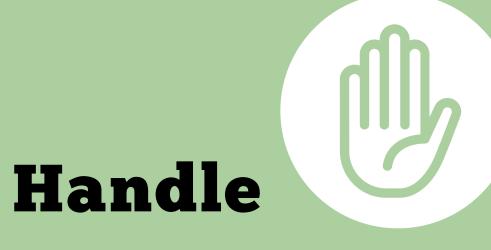
- **1** Slice into strips (thin or chunky) and fry in vegetable oil for sweet potato fries
- 2 Simply bake, unpeeled, then chop and serve with butter and rosemary
- **3** Boil and cool to toss in a salad with shrimp



#### TREAT YOUR SPUDS RIGHT: HOW TO PICK, **KEEP AND PREP POTATOES**

#### Select

Choose potatoes with smooth skin and no visible sprouts, green areas or blemishes. They should be firm and dry.



Most potatoes are sturdy, but sweet potatoes bruise easily and should be handled with care.

#### Store

Keep in a cool, dry, dark and well-ventilated place for two weeks.

#### Prep

Scrub potatoes clean, removing bruises, green spots and sprouts, before using. Discard unripe or green potatoes.

#### VISIT SOBEYS.COM FOR SIMPLE AND SOPHISTICATED POTATO RECIPES