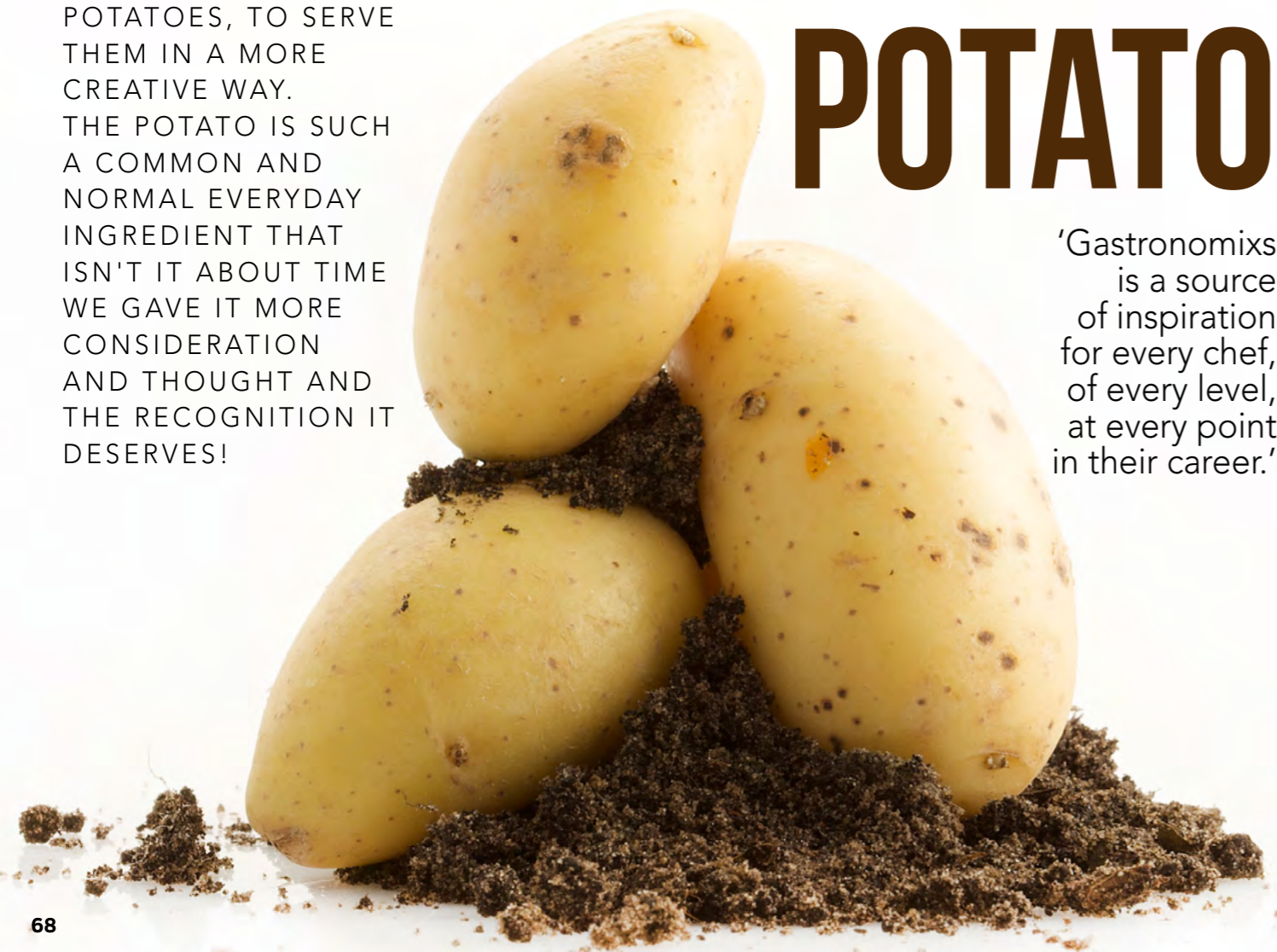


EVERY CHEF HAS THEIR CREATIVE CHALLENGES. ARE YOU LOOKING FOR A FRESH COMPONENT TO COMPLETE YOUR DISH? DO YOU WANT TO GIVE ONE OF YOUR MOST POPULAR STARTERS A UNIQUE TWIST? HAVE YOU BEEN TASKED WITH DEVELOPING A THREE-COURSE VEGETARIAN MENU? OR... THE QUESTION WE ASK THIS MONTH IS WHAT COOKING TECHNIQUES CAN WE USE TO PREPARE POTATOES, TO SERVE THEM IN A MORE CREATIVE WAY. THE POTATO IS SUCH A COMMON AND NORMAL EVERYDAY INGREDIENT THAT ISN'T IT ABOUT TIME WE GAVE IT MORE CONSIDERATION AND THOUGHT AND THE RECOGNITION IT DESERVES!

GET CREATIVE WITH... POTATO



'Gastronomix is a source of inspiration for every chef, of every level, at every point in their career.'



Pommes duchesse



Hot smoked potato



Potato confit in charcoal butter



Potato foam

GASTRONOMIXS IS NOT YOUR AVERAGE RECIPE WEBSITE

Gastronomix.com is totally unique providing knowledge in the form of building blocks, also called components. These are not dishes, but preparations of one single ingredient such as smoked potato, fermented carrot, or roast pineapple, which form part of a dish. Gastronomixs serves as a tool for creativity with all the recipes having been created and tested by a team of professional chefs. It doesn't matter which type of restaurant you work in, every chef can use Gastronomixs as an online resource to develop new dishes and ideas.

THE INGREDIENT IS ALWAYS KEY

To prepare a potato as best as you possibly can, you should know how it grows, is there a best potato for a particular season, what the structure is, what are the various techniques to prepare a potato and what are the best flavors that combine with the potato to bring out its true potential.

FACTS ABOUT POTATO

- ▶ The potato has become such a commonplace, everyday ingredient that most people wouldn't give it a second glance. There are around 300 potato varieties, which all differ in terms of shape, colour, flavour and starch content. Potato varieties can be divided into three categories: waxy, floury and extra floury.
- ▶ Basic techniques: frying, boiling, gratinating, roasting, smoking, steaming, deep-frying, confiting, stir-frying, mashing, baking.
- ▶ Taste combinations: anchovies, asparagus, bacon, beetroot, capers, cauliflower, cumin, dill, garlic, egg, cheese, radish, lime, mint, nutmeg, olives, onions, parsley, rosemary, saffron, caviar.
- ▶ Originally, the potato comes from the Andes mountains.
- ▶ Potato flour was the first commercially important starch and still plays a major role in Europe.
- ▶ Potatoes are rich in carbohydrates (starch) and fiber.
- ▶ There are about 300 potato varieties, which differ in shape, color, taste and starch content.
- ▶ Potato belongs to the nightshade family. In addition to the potato, the nightshade family includes aubergine, chili pepper, tomato and peppers.

- ▶ Store potatoes in a dry, dark and cool place. The optimal temperature for growing potatoes is between 6 and 10°C, at a lower temperature the starch of the potatoes turns into sugars, forms a sweet taste and starts to wrinkle quickly.
- ▶ Green spots occur when potatoes are stored in too much light, always remove these spots when preparing as this is poisonous.
- ▶ Potatoes are an important source of vitamin B6, this vitamin is important for resistance and digestion and also plays a role in the formation of red blood cells.
- ▶ The potato is the first vegetable ever grown in space, this happened in 1995.
- ▶ For the cultivation of potatoes the seeds are not used, but small selected tubers.
- ▶ Today potatoes are grown in about 125 countries throughout the world.
- ▶ Potatoes are the world's fourth food staple – after wheat, corn and rice.
- ▶ Potatoes are totally gluten-free.
- ▶ Each day over a billion people eat at least one potato.
- ▶ One of the first children toys ever to be advertised on US TV was "Mr. Potatohead" in 1952.

PULLED BEEF WITH POTATO WAFFLE, WARM POTATO FOAM, RED CABBAGE JELLY, CRISPY ONION RINGS AND JERUSALEM ARTICHOKE CLOUDS



Super-crispy onion rings

milk foam

Warm potato foam

Potatoes waffles

Puled beef neck

Flexible red cabbage and apple jelly

POTATO WAFFLES

INGREDIENTS

- 1 kg potatoes (floury)
- 100 g butter, unsalted
- 1 whole egg (50g pasteurised)
- 5 egg yolks (125 g pasteurised)
- 2.5 dl water
- 150 g butter, unsalted
- 125 g sifted flour
- 4 whole eggs
- salt, pepper and nutmeg

PREPARATION METHOD

- Boil the potatoes until tender and allow to steam dry.
- Push them through a potato ricer and mix with the butter, whole egg and egg yolks.
- Make a choux pastry by bringing the water and butter to the boil. Remove from the heat, stir in the flour and then cook above a low

heat. Remove from the heat again, add the eggs one by one and then mix this choux pastry with the mashed potato.

- Season to taste with salt, pepper and nutmeg.
- Transfer the mixture to a piping bag with a smooth nozzle.
- Heat up a waffle iron and pipe small dollops of mash onto it.
- Close the lid and cook the waffles until golden brown.

SERVING SUGGESTIONS

- This component provides a good basis for further expansion, for example by adding chopped green herbs or anchovies to the batter.
- As an amuse-bouche, e.g. with a slice of smoked salmon and sour cream.

WARM POTATO FOAM

INGREDIENTS

- 300 g potatoes, floury
- 150 g single cream
- 150 g potato cooking liquid
- 50 g butter, unsalted
- salt, pepper, and nutmeg

PREPARATION METHOD

- Boil the potatoes in salted water until tender.
- Pour off the potatoes, reserving the liquid.
- Rub the potatoes through a sieve and mix with the single cream, the cooking liquid, and the butter.

Season with salt and nutmeg, and transfer to the siphon while still warm.

- Place a cartridge in the siphon and serve immediately, or keep warm in a bainmarie or thermo bath of max. 70°C.

SERVING SUGGESTIONS

- As a component in a composition with chicory, fennel, or asparagus.
- For example, as a component of a new version of 'eel in green' with smoked eel, herb salad and warm potato foam.

If you are curious to discover how Gastronomixs can inspire you, you can take out a **free two-week account** to give the platform a decent test-drive! More than 25,000 chefs are already using this online tool which contains thousands of recipes from cuisines from around the world. [Go to Gastronomixs.com](https://www.gastronomixs.com) and be inspired!