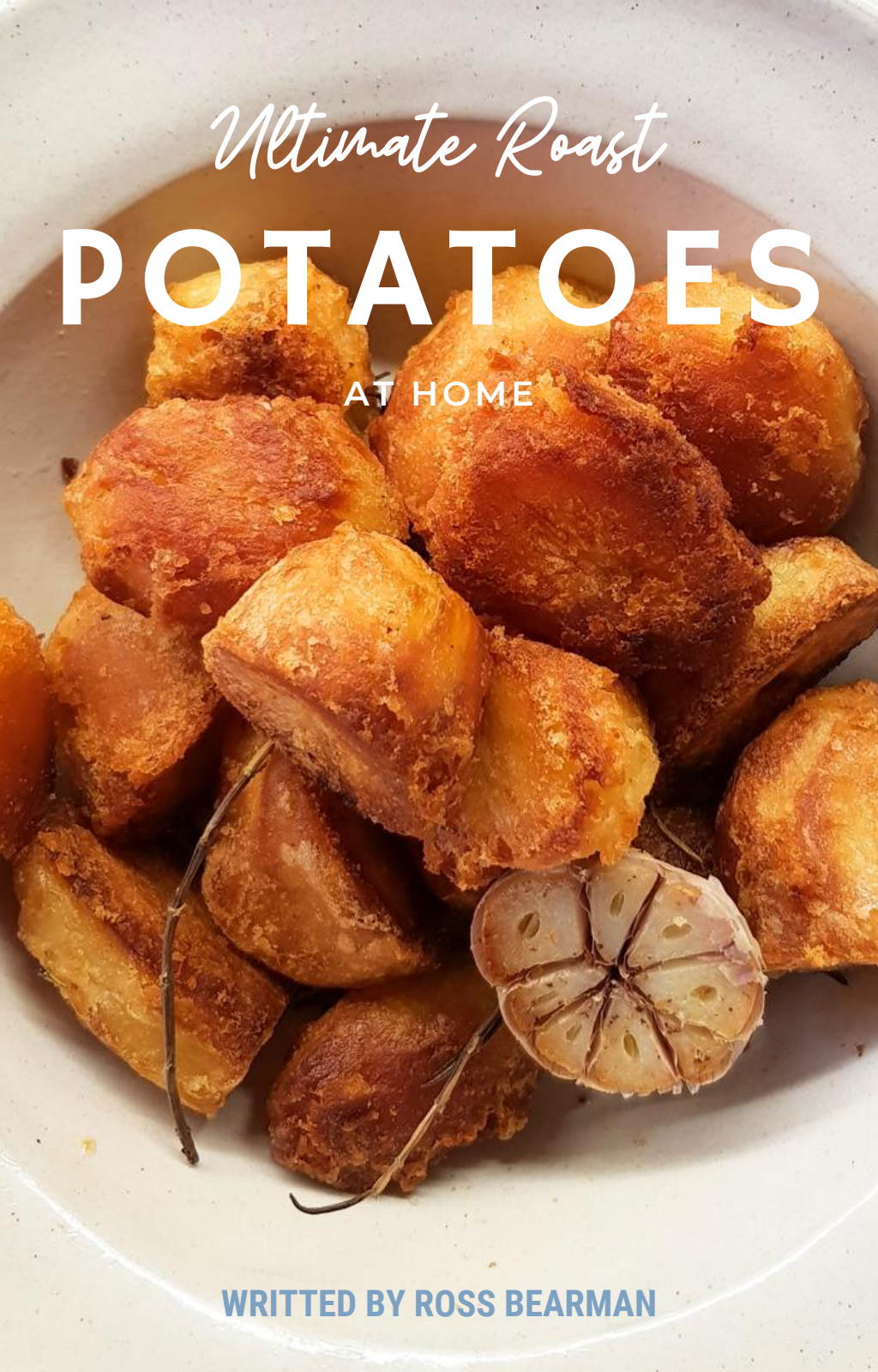


Ultimate Roast

POTATOES

AT HOME



WRITTEN BY ROSS BEARMAN

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CHAPTER

01

*Choosing the
right potatoes*

Choosing the right potatoes

The first step in making perfect roast potatoes is choosing the right potatoes. Not all potatoes are created equal, and some varieties are better suited for roasting than others. Here is our guide...

1. **Maris Piper** - This is the most popular potato for roasting in the UK. Maris Piper potatoes have a high starch content and a fluffy texture, which makes them perfect for roasting. They also have a great flavour and crisp up beautifully in the oven. Our choice.
2. **King Edward** - Another popular choice for roast potatoes in the UK, King Edward potatoes have a creamy, fluffy texture and a slightly sweet flavour. They're perfect for roasting, and their thin skin crisps up beautifully in the oven.
3. **Desiree** - Desiree potatoes have a slightly sweet, nutty flavour and a firm, waxy texture. They're great for roasting because they hold their shape well and have a lovely crispy exterior.
4. **Rooster** - Rooster potatoes are a relatively new variety, but they've quickly become popular for roasting in the UK. They have a rich, earthy flavour and a firm, waxy texture, which makes them ideal for roasting.
5. **Yukon Gold** - While not traditionally used in the UK, Yukon Gold potatoes are a great choice for roast potatoes. They have a creamy, buttery flavour and a fluffy texture that makes them perfect for roasting.





CHAPTER

02

*Preparing the
potatoes*

Preparing the potatoes

Once you've chosen your potatoes, it's time to prepare them for roasting. Follow these steps to ensure they cook evenly and have that perfect fluffy texture. 1kg feeds four people.

1. **Wash the potatoes** - Rinse the potatoes under cold water to remove any dirt or debris.
2. **Peel the potatoes** - Use a peeler to remove the skin from the potatoes. This will help them to crisp up better in the oven.
3. **Cut the potatoes** - Cut the potatoes into evenly sized chunks. Make sure they are all roughly the same size to ensure even cooking. For larger potatoes cut into three and smaller ones into two.
4. **Parboil the potatoes** - Place the potatoes into a large pot of very salted boiling water (as salty as the Mediterranean sea) and parboil them on a medium heat for around 10-15 minutes, until the edges are just starting to soften. Don't overcook them as they will fall apart.
5. **Drain the potatoes** - Remove the potatoes from the heat and very gently drain them in a colander. Leave to cool for five minutes.
6. **Shake the potatoes** - Once the potatoes have cooled down slightly, give them a good but gentle shake in the colander to rough up the edges. This will help them to crisp up in the oven.
7. **Season all over with sea salt and now leave them to cool and steam on the side for at least 30-60 minutes.** The dry steaming will create wonderful pockets and ridges that will go super crispy when roasting.

TIP: You can leave to completely cool and leave in the fridge and use the next day if you want to get ahead with prep.





CHAPTER

03

Fats & Oils

Now the potatoes are prepared, it's time to choose what fat to cook them in. You want an oil or fat that has a high smoke point which means you can heat up really high to get super crispy roast potatoes.

1. **Rapeseed oil:** A popular choice in the UK, it has one of the highest smoke points and a mild, nutty flavour that won't overpower the potatoes. Our choice.
2. **Sunflower or vegetable oil:** Another common option, sunflower oil has a high smoke point and a neutral flavour that is great for roasting potatoes.
3. **Goose or duck fat:** A traditional choice in the UK, these fats have a fairly high smoke point and adds a delicious flavour to roasted potatoes. It also has a higher proportion of unsaturated fats than many other animal fats.
4. **Beef dripping:** Another traditional option, beef dripping has a high smoke point and a rich, beefy flavour that is perfect for roasted potatoes.
5. **Olive oil:** This is a good option but due to its slightly lower smoke point, does not make it great for roasting at high temperatures. But it adds a delicious flavour to the potatoes.
6. **Ghee:** A form of clarified butter, ghee has a high smoke point and a rich, nutty flavour that is perfect for roasting potatoes.

TIP: Why not try a mix of fats. Duck fat and Rapeseed Oil has been a wonderful success.



A glass jar filled with bright yellow oil sits on a light-colored burlap fabric. In the foreground, a wooden scoop is tipped, spilling a pile of small, dark, round seeds. Some seeds have spilled onto the fabric around the scoop. The text 'CHAPTER 04' is centered over the jar, and 'Roast Potato Oil' is written in a cursive font across the middle of the image.

CHAPTER

04

Roast Potato Oil

Roast Potato Oil

It all started from an old product and making Duck Rillettes, which used duck fat along with rosemary and garlic to confit the duck legs. This left over fat was wonderfully flavoured with meatiness and fragrant rosemary and garlic. And when used for making roast potatoes, created an incredible flavour. But the potatoes were never the crispiest they could be as the fat would evaporate or set on fire if heated too high.

So, after many different fats and oils were tested, the best for the super crispy potatoes was cold pressed rapeseed oil. So, sticking to our local Cotswolds roots, we sourced the finest Extra Virgin, cold pressed Cotswold Rapeseed oil. Then, to try and emulate the umami flavours from the confit duck fat, we smoked the oil and added rosemary and garlic. We now had a product that had the meaty, fragrant flavours plus the ability to produce incredibly crispy potatoes.

And the Roast Potato Oil was born.





CHAPTER

05

*Roasting your
potatoes*

Roasting your potatoes

Now the potatoes are prepared, your fat of choice is chosen, we move onto the best part - roasting.

1. Preheat your oven to 200°C (400°F). Add your chosen fat or oil to a roasting tin. Around 1/2 cm to cover the bottom of the tray. Place in oven for at least ten minutes. You want the oil to be very hot.
2. Take the tray from the oven and place on the hob. Heat the oil so it stays hot and almost smoking.
3. Carefully place the potatoes into the hot oil. Make sure there is plenty of space around them and the tray is not too crowded or they won't crisp up. Use two trays if they are too crowded.
4. Gently toss them in the oil until they are evenly coated. Leave to cook on one side for one minute, then turn over. Sprinkle with sea salt and place back into the oven.
5. Cook for around 25 minutes.
6. Remove from the oven and place back on the hob. Turn the potatoes.
7. Return the roasting tin to the oven and roast the potatoes for about 20 minutes, or until they are golden brown and crispy on the outside and tender on the inside.
8. Once the potatoes are done, remove them from the oven and drain onto kitchen paper to absorb any excess oil.
9. Place back into a low oven on a dry tray or cooling rack until ready to serve. Ideally serve immediately. Season with sea salt to your liking.

TIP: if you want to add extra flavour, you can add fresh ingredients like rosemary and garlic to the roasting tray. Add them ten minutes before the end of the cooking so they give off their fragrance but don't burn.





CHAPTER

06

Ways to serve

Ways to serve

You have now made the ultimate roast potatoes. Use them in a classic roast or here are some alternative toppings to try...

1. **Gravy. Classic gravy alongside a traditional Roast Dinner**
2. **Truffle cheese fondue and crispy bacon**
3. **Butter chicken curry and coriander**
4. **Grated parmesan and truffle oil**
5. **Chilli con carne, sour cream and pickled onions**
6. **Aioli and crispy calamari**
7. **Cheese and baked beans**
8. **Poutine - cheese curds and gravy**
9. **Pulled pork and mango & chilli salsa**
10. **Hot smoked salmon and Bearnaise sauce**

Have as a part of a meal or just a big bowl of deliciousness on their own.



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Cotswolds based Great Taste judge with over 25 years' experience working in fine food, restaurants and creating premium food products for some of the country's finest retailers.

Continuously producing original products and winning industry recognised awards, such as multiple Gift of the Year and Great Taste Awards, including the much coveted 3 stars.

Roast potatoes are a classic side dish for many British meals. Whether you're having a Sunday roast with your family or a mid-week dinner, perfectly crispy and fluffy roast potatoes can take any meal to the next level. In this guide, the secrets to making the ultimate roast potatoes are shared.

In pursuit of the ultimate roast potato, the award winning Roast Potato Oil was created.

