

POTATO VARIETIES AND HOW THEY COOK

This is a general guide to show how specific potato varieties typically cook. Potatoes are affected by weather, growing conditions and the time of year so we recommend buying potatoes that have been cook tested and labelled to help you make the right choice.

For boiling, salads, braises and stews



For most cooking methods



For chips, baking, roasting,



The three different potato varieties are shown above. They have been cooked in exactly the same way. Notice how their texture is very different when cooked. To get the best results choose a potato that is best suited to your desired cooking method.

Seasonal changes

Some varieties change naturally throughout the season. At the beginning of the season some potatoes are smooth, waxy and low in starch making them excellent for boiling and salads. Over time natural sugars convert to starch making them more floury, fluffy and ideal for mashing, wedges, roasting, chips and baking.

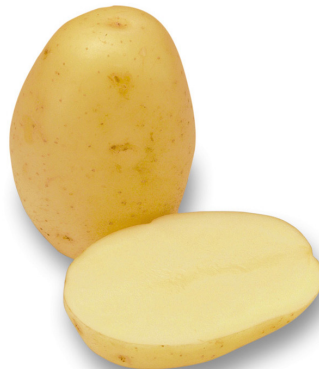
Remember to check how varieties cook to help you make the right choice.

For boiling, salads, braises and stews use waxy, smooth textured potatoes

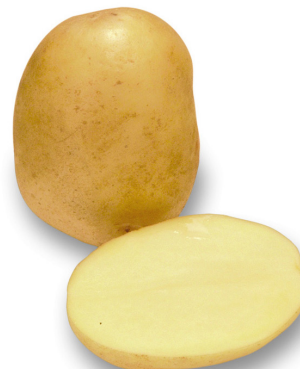
Draga



Nadine



Frisia



These potatoes have a high water content and are low in starch. They have a dense texture and retain their shape during cooking. This includes most 'new' potatoes.

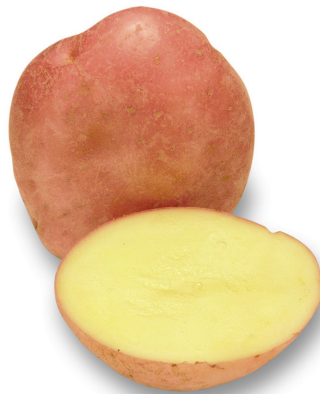
Also limited or localised supplies of Jersey Bennie, Red King Edward, Highlander, Osprey, Tiffany and Annabelle, Gourmandine and Marilyn.

Some potatoes can be used for most cooking methods so look for **general purpose potatoes**

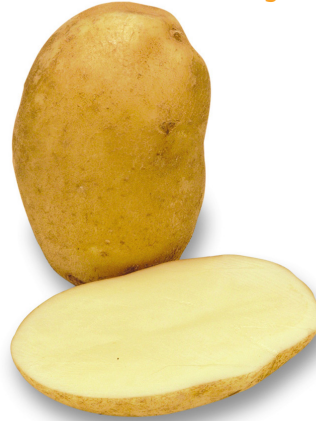
Rua



Desiree



Moonlight



These good all-rounders have moderate starch content and are not too floury, not too waxy – they sit between the two ends of the spectrum.

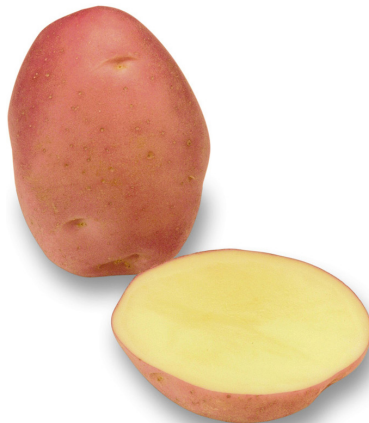
Also limited or localised supplies of Rocket, Van Rosa, Karaka, Driver, Vivaldi, Purple Passion, Maris Anchor and Summer Delight.

For chips, baking, mashing, roasting and wedges use **floury, fluffy textured potatoes**

Ilam Hardy



Red Rascal



Agria



These potatoes are low in water content and high in starch. They have a dry and delicate texture, break up easily when cooked and absorb a lot of liquid and flavour.

Also limited or localised supplies of Fianna, Victoria, Marabel and Markies (related to Agria).

FOR MORE INFORMATION VISIT WWW.POTATOESNZ.CO.NZ