

WA Potatoes

Autumn/Winter 2024
Free

Eating out
Perth's best roasties
p20

Winter
warming
recipes
p7

Plus...
**WIN a potato-
lovers prize
pack valued at
over \$800 to
celebrate the first
International Day
of the Potato!**

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the
good
carb



Spud fans.

If you're reading this magazine, chances are you are one. And why not? They're more nutritious, delicious and versatile than people give them credit for, right? There is one key aspect though that the fans really love... and that's freshness.



fresh Beta is **always**

See some of our recipe ideas online

Visit betaspuds.com.au and click on the 'recipes' link.

Connect with us and follow all things Beta



Always Growing

WELCOME



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In this edition our feature recipes are made to bring warmth and comfort, while packing in the nutritional benefits of the humble spud with fresh local ingredients.

Discover where to find some of the best roast potatoes at restaurants around Perth thanks to Liz Sheehan, our intrepid reporter. Her commitment to tasting potatoes everywhere she goes is a gift to us all!

In exciting news, the first-ever International Day

of the Potato will be on May 30th! To celebrate we have a special potato-lovers giveaway on page 3. You have to be in it to win it!

Finally, I wanted to acknowledge our amazing potato growers. The hot summer is always a challenge, so we recognise the hard work behind the scenes that keep crops going. Potatoes are a natural product and their quality and volume at harvest are determined by a combination of grower practices, varieties, and the environment around them.

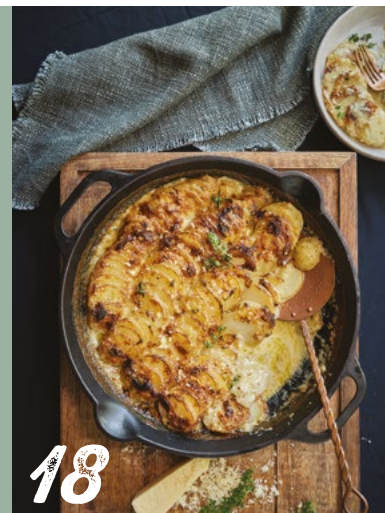
As you stock up on spuds to create the delicious recipes in this magazine, make sure to store them properly for a longer shelf life. We recommend a breathable, dark space, like a cupboard or in a calico bag. Use older potatoes first and don't be deterred by a few sprouts – these can be sliced off before preparing your meal.

Georgia

GEORGIA THOMAS

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WA Potatoes

Contributors...



KATE FLOWER



Food stylist, recipe developer and passionate WA food advocate, Kate Flower is a vibrant and fun breath of fresh air in Perth's food scene. Her deep love of seasonal produce, cooking and supporting local runs through her creative food endeavours as she works toward producing stunning food photos to tell a brand's story. Kate works with a broad range of clientele to help develop their food message, developing mouthwatering, approachable recipes that are styled beautifully to engage food lovers to dive in and try what's on offer! Having worked in and around the food industry all of her life Kate has an innate understanding of produce and what it takes to create beautiful food.

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LIZ SHEEHAN

Liz Sheehan is a local food writer who has spent nearly two decades keeping her finger on the pulse of the Perth breakfast scene. Her passion for writing about the most important meal of the day was born out of necessity. Back in the olden days of no social media, nobody reviewed breakfasts – so Liz started Perth's first food blog dedicated to... you guessed it – breakfast. Liz's day job is as a radio producer and journalist. She is lucky enough to be able to combine her love of radio and food together and present on-air segments on 6PR with Oliver Peterson. Liz has been excited by the rapid growth of venues putting as much effort into their breakfast menu as they would for lunch or dinner.

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MAY 30

International Day of the Potato

giveaway!

Potato-lovers prize pack valued at over **\$800**

In a landmark decision in December 2023, the United Nations General Assembly unanimously adopted a resolution to celebrate International Day of the Potato on May 30th annually.

This decision marks a significant recognition of the potato's role in global food security, nutrition, and sustainable agricultural practices.

To celebrate this exciting news, WA Potatoes are giving away an amazing **potato-lovers prize pack valued at over \$800** featuring all the things you need to cook and enjoy spuds.

The prize includes:

- Ninja AF160 Air fryer
- Daily Bake Silicone Liner
- Chasseur Baking dish
- OXO Good Grips Smooth Masher
- Savannah Potato Ricer
- Zyliss Chipper
- Progressive PL8 Professional Mandoline
- WA Potatoes exclusive potato socks

The prize pack has been carefully selected by the WA Potatoes team and is not affiliated with any store or brand.

PLUS – we will select 10 random winners to post out some of our exclusive WA Potatoes socks!

HOW TO ENTER:

Simply head to www.thegoodcarb.com.au/competition, fill out the form and you will go into the draw for this great prize. Terms and Conditions apply.

Please note you can unsubscribe at any time if you don't wish to continue to receive any emails.

The competition **opens 8am 15 March 2024** and **closes on 5pm 3 May 2024 AWST**. The prizes are for WA residents only and will be delivered by courier once the competition is finalised. Follow us on **Facebook** and **Instagram** to ensure you never miss our competitions.

Follow us   

Terms and conditions

1. Entry is free and open to all WA residents aged over 13 years.
2. One entry per person.
3. One major potato lovers prize pack will be given away.
4. Ten pairs of WA Potatoes socks will be given away.
5. All entries must be submitted online at www.thegoodcarb.com.au/competition by 5pm 3 May 2024 AWST.
6. Entries open on 8am 15 March 2024 and closes on 5pm 3 May 2024 AWST.
7. The winners will be randomly selected and notified by email.
8. Delivery of the prize will be arranged with the confirmed winner within 1 month of the competition closing and a successful entrant being notified.
9. If the selected winner does not respond within 1 week, another winner will be selected.
10. No cash can be redeemed for the prize.
11. Appropriate usage of the products supplied is solely the recipient's responsibility.
12. WA Potatoes accepts no liability whatsoever for the use of the products supplied or for any product warranty or faults.



COMPETITION



Tip

A MANDOLIN IS BEST TO
SLICE THE POTATO.

It's *crunch* time

Looking for a budget-friendly,
healthy and FAST snack? You can't
go past these crisps!



**HOME MADE
POTATO CRISPS**
(page 5)

Home made potato crisps

COOK TIME 7 MINS | SERVES 2

INGREDIENTS

1 large blue potato, skin on,
thinly sliced into 1mm
slices

Oil spray

1 microwave safe dish lined
with baking paper

Sea salt & white pepper

METHOD

1. Thinly slice the potato
with the skin on, best to use
a mandolin-type slicer.

2. Lightly spray a lined dish
with oil spray and evenly lay
sliced potato side by side
around the plate. Season
with salt.

3. Microwave on high for
3 minutes.

4. Remove to cool for
1 minute then return to
the microwave for another
3 minutes or until just
golden brown.

5. Season with white pepper.

COOKS NOTE

*CREATE YOUR
OWN FLAVOUR BY
SEASONING WITH
SPICES OR SAUCES
LIKE PAPRIKA
AND BBQ.*



Perfect with:
Blue Potatoes



Also great with:
Red Potatoes

Note: Store in an airtight container for up to 5 days.

Want more
WA Potato
goodness?

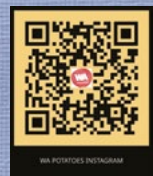
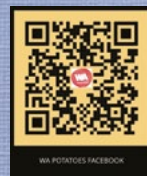


Make sure to follow us on
Facebook and Instagram for fresh
recipes, potato facts and tips.

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Winter warmers *for everyone*

RECIPES BY
KATE FLOWER FOOD



**POTATO, KALE
AND SMOKED
CHEDDAR PIE**
(page 8)

Potato, kale and smoked cheddar pie

This delicious pie could become your families new regular Friday or Sunday go to meal, delivering the nutrition hit you're looking for along with all the crowd pleasing appeal of flakey golden pastry. The smoked cheddar in this recipe is such a lovely partner to the crushed potatoes. Winter nights were made for warming recipes like this one.



COOKS NOTE

THIS RECIPE IS A GREAT WAY TO USE LEFTOVER COLD POTATOES.

VEG | SERVES 4 | PREP TIME 30 MINS | COOK TIME 40 MINS

INGREDIENTS

- 2 x butter puff pastry sheet, thawed (gluten free or regular)
- 3 tbsp olive oil
- 3 medium white potatoes, skin on
- 2 onions, sliced thinly
- 3 cups kale, sliced
- ¾ cup smoked cheddar
- ½ cup parmesan, grated
- ½ cup cream
- 1 egg
- Salt and pepper

METHOD

1. Oven to 200°C.
2. From you sheets of puff pastry cut one circle 23cm and one circle 20cm.
3. On a lined baking tray, lay the smaller circle of pastry centrally on top of the large circle.
4. Bake for 15 minutes or until the pastry has puffed and starting to become golden.
5. Meanwhile, place potatoes in a large pot, covered in water, and simmer until fork tender.
6. Start the onions cooking – place 1 tablespoon of oil and the onion in a frypan over low – medium heat and cook tossing until softened and brown.
7. Add the chopped kale to the onions and cook until it has wilted (2 minutes) then

remove from heat, season and set aside.

8. Once the potatoes are cooked, drain, place them in a bowl and crush with the back of a fork until they are in roughly small pebble sizes (around 2cm).

9. Drizzle the crushed potatoes with 2 tablespoons of oil, season generously, then gently toss to coat the potatoes in oil and set aside.

10. Whisk the egg and cream together, season and set aside.

11. Once the pastry is cooked to golden, remove from the oven to the bench and gently press down the inside circle of pastry leaving the outside edge puffed.

12. Cover the base of the pastry evenly with the onion and kale, then scatter with two thirds of the smoked cheddar and parmesan.

13. Pour the cream and egg mix evenly over the onion, kale and cheese.

14. Top with the crushed potato evenly across the other layers and sprinkle with the remaining smoked cheddar and parmesan.

15. Lower the oven to 180°C and cook the pie until the pastry and topping are golden (approx 20 minutes) and serve immediately with a leafy green salad.



Perfect with:
White Potatoes

Tip
SWAP THE COOKED ONIONS FOR A JAR OF CARAMELISED ONIONS



COOKS NOTE

YOU COULD SWAP OUT THE SMOKED CHEDDAR AND PARMESAN FOR ANY NUMBER OF CHEESES. PICK YOUR FAVOURITE AND ADD THEM IN.

KATE FLOWER
KATE FLOWER FOOD

POTATO, KALE AND SMOKED CHEDDAR PIE
(page 8)





ONE TRAY THAI
RED CHICKEN
AND POTATO
CURRY
(page 11)


Perfect with:
Nadine or White
Star Potatoes





Tip
 ADD FRESH KAFFIR LIME LEAVES PRE COOKING IF YOU HAVE THEM. THEY ADD SUCH A PUNCH OF FLAVOUR TO THAI DISHES.

One tray Thai red chicken and potato curry

This one ticks all the boxes. One pot wonder (tick). Full of flavour (tick). Well balanced meal (tick). Features local potatoes (tick). Better the next day (tick). Tick your taste bud boxes with this easy one tray curry that goes from the kitchen bench to the table in 30 minutes.

GF | DF | VEG (OPTION) | SERVES 4-6 | PREP TIME 10 MINS | COOK TIME 30 MINS

INGREDIENTS

- 8 chicken pieces, skin on
- 195g jar Thai red curry paste
- 2 tbsp canola oil or vegetable oil
- 1 punnet cherry tomatoes, halved
- 4 medium white potatoes, skin on
- 400mL coconut milk
- 400g chopped tinned tomato
- 6 spring onion, finely sliced

To season

Use small measures of the items below to balance your sauce after cooking. Start with one teaspoon and go up from there as required. Consider this non essential but a great addition if you have the ingredients to hand.

- Fish sauce
- Brown sugar
- Lime juice
- To serve**
- Steamed rice
- Steamed greens

METHOD

1. Preheat oven to 200°C fan forced.
2. Lay out chicken pieces across a large oven tray with deep sides.
3. Brush 2 teaspoons of red curry paste across the top of each piece of chicken then drizzle with a little canola oil.
4. Slice each potato into 6-8 even pieces and scatter around the chicken along with the cherry tomatoes and spring onion.
5. Mix remaining paste in a bowl with tomato and coconut milk.
6. Spoon the curry sauce around the chicken and across the potatoes and tomatoes, making sure to leave the chicken skin clear of sauce.
7. Cook uncovered for 25-30 minutes, until the chicken skin has browned and the potatoes are fork tender.
8. Adjust the balance of the curry sauce with small measures of fish sauce (salty), lime juice (sour) and brown sugar (sweet) as required.
9. Serve with steamed rice and greens or give the rice a miss and just serve the greens.

COOKS NOTE

MAKE THIS DISH VEGETARIAN BY SWAPPING OUT THE CHICKEN FOR CHUNKY PIECES OF CAULIFLOWER BRUSHED WITH THE CURRY PASTE.

KATE FLOWER
 KATE FLOWER FOOD



WARM GERMAN
STYLE POTATO
SALAD
(page 13)



Perfect with:
**Red, Blue or Kipfler
Potatoes**

Warm German style potato salad

This is the potato salad recipe you need up your sleeve for the cooler months. Perfect served with roasted or grilled meats, fabulous as a potluck offering to add to the table when asked to bring a dish and just as delicious served cold the next day. Adding the potatoes to the warm sauce allows them to soak up all the flavour and the final addition of chopped herbs delivers a lovely hit of freshness.

GF | DF | VEG (OPTION) | V (OPTION) | SERVES 8-10 AS A SIDE
PREP TIME 20 MINS | COOK TIME 25 MINS

INGREDIENTS

1.5kg red potatoes
 200g streaky bacon, diced
 5mm (omit for vegetarian salad, replace with chopped smoked almonds)
 ¼ cup canola oil
 1 red onion, peeled, halved and thinly sliced
 1 large garlic clove, crushed
 ¾ cup red wine vinegar
 ¾ cup beef stock (vegetarian swap for vegetarian Massel Beef Style Stock)
 1 tbsp sugar
 2 tbsp American mustard
 ½ cup fresh parsley and dill, chopped
 Flakey salt and black pepper, to taste


OPTIONAL

Sour cream

METHOD

1. Boil the potatoes in a large pot of salted water until fork tender, about 20 minutes.

- 2.** Drain the potatoes and allow to cool until you can handle them without burning yourself, but don't let them get cold.
- 3.** Slice into around four slices each and place in a large bowl.
- 4.** In a large pan, cook the bacon over medium heat until crispy (approx. 7 minutes) then transfer to a paper towel lined plate, leaving the fat in the pan.
- 5.** Add oil, onions and garlic to the pan and cook until softened, about 5 minutes.
- 6.** Add the vinegar, stock and sugar and bring to a simmer before adding the sliced potatoes, mustard, half of the bacon, and half of the herbs.
- 7.** Toss the potatoes to thoroughly coat in all the flavours, season and serve warm topped with the remaining bacon and herbs.

8. Finish with a generous dollop of sour cream if you wish. 



COOKS NOTE

FOR A VEGETARIAN AND VEGAN SALAD, OMIT THE BACON AND REPLACE THE BEEF STOCK WITH BEEF STYLE VEGETARIAN STOCK OR TRY CHOPPED SMOKED ALMONDS TO REPLACE THE BACON.

KATE FLOWER
 KATE FLOWER FOOD

DON'T FORGET TO LOOK FOR THE DISTINCTIVE BUY WEST EAT BEST LOGO WHEN BUYING YOUR INGREDIENTS.



Bronwyn Fox

grower profile



Nestled in the Dandaragan countryside in Western Australia, Arden Fleets is a place where the Fox family have poured their hearts into agriculture. In this article, we take a closer look at this farm's rich history, the people and pets who call it home, and the challenges and rewards of potato farming. We also explore the perspectives of Bronwyn Fox, as she steps into the role of Chairperson for the Potato Growers Association of Western Australia (PGA WA).

THE FARM

The roots of Arden Fleets run deep, dating back to the early days of WA's settlement. While the farm's previous ownership is a bit of a mystery, it gained notoriety in the 1980s when it was owned by the legendary Australian entrepreneur, Alan Bond. Bond, who also owned neighbouring properties, operating them as one big farm.

Eventually, the property was sold to an international buyer, and it was split into three separate farms – Arden Fleets, Yere Yere, and Velyere. Arden Fleets boasting a nine-stand shearing shed that once served all three properties during Bond's ownership, now doubling as a picturesque venue for weddings and parties.

THE FOX FAMILY

At the heart of the farm is the Fox family, including grandparents Mick and Delys Fox, with Dave and Bronwyn Fox managing the daily operations. Together, they raise their three children – William, George, and Rosie – who represent the fifth generation of the Fox family farmers. Valued team member Cale calls the accommodation block at the shed home as well.

The farm also hosts several furry residents, including two working dogs, Bob and Jo, and three pet dogs – Charlie, Rusty, and Howie. There are also four cats residing in the two houses on the property.

While Bronwyn may be relatively new to farming, the Fox family's agricultural legacy spans many generations. Bronwyn's father, a doctor, had a deep passion for rural medicine, which led the family to live in various regional areas, including Gingin.

FROM SOIL TO TABLE

Potatoes are an integral part of the farming mix, and the Fox's dedication to this staple crop is evident in the quality of their produce. Bronwyn describes one of the most rewarding moments as a farmer being the harvest season, where she can often be found on the back of the harvester, singing and sharing stories with the team.

Another cherished tradition is the first taste of freshly dug spuds, usually in April. Dave's family recipe, featuring butter and mint sauce, transforms these early harvest potatoes into a treat that the family eagerly anticipates each year.

"There's so much to love about spuds from so many perspectives," says Bronwyn.

"Potatoes are such a staple in people's diet, and they are so environmentally friendly. For example, they are efficient water users, full of nutrients, filling and versatile."

Bronwyn also enjoys interacting with fellow potato growers, as they are a unique bunch and are super passionate about their produce.

"Having worked in other industries such as mining, you don't find the same enthusiasm for digging up a tonne of ilmenite. It's such a unique thing to grow and produce food to eat for you, your family, the state, and the world. Farmers are so very lucky to do what they do," she said.

THE FUTURE OF POTATOES

Bronwyn acknowledges the challenges facing the potato industry in the coming years. The perception that potatoes aren't healthy is a significant concern, and efforts are needed to continue to educate the public on the nutritional benefits of this versatile vegetable.

The industry must also address the issue of attracting younger generations to farming while ensuring profitability and collaboration within the supply chain. Thriving rural communities, fun social activities in regional areas, and the overall economic sustainability of the industry are critical to keeping the sector viable.

Recently appointed as the Chair of the PGA WA Bronwyn has some key goals in mind. First, she aims to respond to the needs of potato growers by actively engaging with them to understand their challenges and offer positive solutions.

"I have regular calls from other farmers, and I love chatting about what's going on in their business and sharing what works and what doesn't," said Bronwyn.

Bronwyn also aims to build on the financial sustainability of the PGA WA, as it plays a vital role in representing the industry to government and other sectors. Lastly, to also highlight the importance of collaboration with other horticulture groups, recognising that many issues affecting various crops have overlapping solutions.

EATING POTATOES


When it comes to favourite potato recipes, Bronwyn can't resist a classic roast potato. Seasoned with generous amounts of salt, herbs, and spices, roast spuds are a comforting and flavourful dish that never disappoints.

Among the various potato varieties cultivated in WA, Bronwyn has a soft spot for the relatively new Sifra variety. She also appreciates the versatility of the Maris Piper, a tried-and-true favourite in the world of potatoes.

Bronwyn hopes consumers will gain a deeper appreciation for the incredible effort and knowledge required to produce just one kilogram of potatoes.

"The knowledge that growers have about the plants or animals that they grow is huge – pests and disease, watering, breeding, timing of harvest and more. There's so much more to growing than consumers understand. I'd love to see more people on farms from the city to get the feel for it. It's up to us to tell our story because the media don't understand either," she says.

IN SUMMARY

To keep the agriculture industry thriving and innovating, Bronwyn believes that it needs storytellers who can share the wisdom and knowledge of older farmers. The industry requires people skilled in social media to bridge the gap between farmers and non-farming communities. Plus, adept business managers who can run efficient and sustainable agricultural operations are crucial for the industry's continued success. Bronwyn also recognizes the value of diverse perspectives, including those of women, in driving innovation and progress in agriculture. 



Master the art of *mash*

It's the ultimate comfort food that's as fun to eat as it is to make – the one and only, potato mash. Creamy and comforting, as well as packed with nutrients like vitamin C, B6, and fibre, potatoes are the GOAT (Greatest Of All Time) when it comes to making sensational mash.

Over the cooler months mash pairs well with meats, vegetables, and pastry dishes – and even makes a delicious meal on its own. Mashed potatoes are like a warm hug from the inside. Its smooth, buttery texture and rich flavour are instantly soothing.

Now, let's dive into the fun part – mastering the art of potato mash!

HERE ARE SOME TIPS AND TRICKS

1. Choose the right potato

Not all potatoes are created equal. We recommend using Royal Blue, Cashmere Gold or Maranca varieties to get a delicious creamy result.

2. Butter matters

Use quality butter for that unbeatable taste and texture. Add it while the potatoes are still hot to ensure a silky-smooth finish.

3. Creamy goodness

Add a splash of milk, cream, or even sour cream for extra creaminess. Don't overdo it – you want your mash to be flavourful but not runny.

4. Season to perfection

Don't forget to season your mash with salt and pepper. Get creative by adding garlic, herbs, or grated cheese for an extra layer of flavour.

5. Toppings galore

The beauty of mashed potatoes lies in their versatility. Top them with gravy, cheese, chives, bacon bits, or even sautéed mushrooms for a gourmet twist.

6. Dietary alternatives

For a lighter twist, try using olive oil or yogurt instead of butter and cream. You'll get an amazing, delicious result!

7. Texture matters

Use a potato masher for chunky mash or a potato ricer for super-smooth mash – the choice is yours.



Tip

GET CREATIVE, ADD GARLIC, HERBS, OR GRATED CHEESE FOR AN EXTRA LAYER OF FLAVOUR.





Simple homestyle mash

INGREDIENTS

- 1kg Royal Blue potatoes
- ½ cup full cream milk (or your choice of milk alternative)
- 50g butter (or your choice of dietary alternative)
- salt and pepper


METHOD

1. Place your potatoes in a pot of salted water and bring to the boil. Reduce to a high simmer and cook until fork tender. (15–20 minutes)
2. Drain the potatoes then pop them back in the empty

pot on the heat. Jiggle the pot so the potatoes roll around a bit and the last of the liquid is steamed out of the potatoes then set aside to cool.

3. Once cool enough to handle, remove the skin (optional – if you remove make sure to save for frying up later) and pop the potato flesh back into the same pot over low heat.

4. Add the milk and butter and bring the milk to a simmer. Once simmering, remove the pot from the heat, season and mash.

So, there you have it – potato mash, a wholesome, healthy, and heart-warming dish that’s perfect for every occasion. Whether you’re enjoying a cosy night in or hosting a potato-themed party (because why not?), remember that potatoes are not just a delicious indulgence – they’re a nutritious and versatile addition to your diet. 





Tip
TO PREVENT OVER-BROWNING, COVER THE DISH WITH FOIL.



CLASSIC POTATO BAKE
(page 19)



Perfect with:
Red Potatoes

COOKS NOTE

GRATIN CAN BE BAKED 1 DAY AHEAD THEN BROUGHT TO ROOM TEMPERATURE BEFORE GRILLING THE CHEESE ON THE TOP PRIOR TO SERVING.

KATE FLOWER

KATE FLOWER FOOD

Baked to perfection

A classic for a reason, potato bake is one of the simplest, yet most delicious and heartwarming recipes you can whip up with the humble potato. There is something almost sentimental about this decadent dish with its connection to a good old family meal around the table! And the smell of potato gratin in the oven... well that just can't be beat.

Classic potato bake

GF | VEG | SERVES 8-10 | PREP TIME 20 MINS | COOK TIME 90 MINS

INGREDIENTS

6 garlic cloves, divided
 40g unsalted butter, room temperature
 2 medium shallots, peeled and sliced
 2½ cups pouring cream
 1 cup chicken or vegetable stock
 1 tbsp flakey salt
 1 tsp freshly ground black pepper
 2 tbsp fresh thyme leaves, plus extra sprigs to garnish
 2kg red potatoes, scrubbed, skin on, very thinly sliced on a mandoline
 100g Gruyère (or your favourite cheese), finely grated
 100g Parmesan, finely grated

METHOD

1. Preheat the oven to 180°.
2. Cut 1 garlic clove in half and rub the cut sides all over the inside of a large (5 litre) shallow baking dish and follow by rubbing the room temperature butter evenly across the inside of the dish.
3. Place the shallots, cream, salt, ground black pepper, thyme leaves, and garlic cloves to a simmer in a saucepan over low heat until shallots and garlic are very soft, 15–20 minutes.
4. Cool slightly before transferring to a blender and blend to a smooth finish.
5. Arrange potatoes, in prepared dish, fanning out a




handful at a time and placing in dish at an angle.

6. Shingle sliced potatoes as you work until the bottom of the dish is covered. Tuck smaller slices into any gaps to fill.

7. Pour cream mixture evenly over potatoes, shake gently to allow all the gaps to fill with liquid and cover the dish tightly with aluminium foil.

8. Bake potatoes until tender, (60–75 minutes).

9. Place rack in highest position; Change the oven setting to grill, remove foil and top potatoes with both cheeses.

10. Grill until the cheese is bubbling and the top of the gratin is golden brown, (5–10 minutes). Serve topped with more thyme leaves. 

COOKS NOTE

TRY ADDING VARIOUS INGREDIENTS TO LEVEL UP YOUR GRATIN.

1. Bacon and Sage
2. Paprika and Red Onion
3. Spinach and Ricotta
4. Cabbage and Caramelised Onion
5. Add crispy crumbs to the top

GOLDEN GLORY

ROAST POTATOES



WORDS BY
LIZ SHEEHAN

THE SEASON IS UPON US.... COLD DAYS, HOT ROASTS AND RED WINE. AND ROAST DINNERS MEANS DELICIOUS ROAST POTATOES. DON'T JUST REACH FOR THE OLD FAITHFUL NADINE VARIETY FOR THIS STAR SIDE DISH. ROYAL BLUES ARE FAVOURED AMONG CHEFS BUT KIPFLER AND PRINCE OF ORANGE ARE GOOD GOURMET OPTIONS AND SPUDLITES, MOZARTS AND RODEOS ARE GREAT CHOICES TOO.

WHILE ROAST POTATOES WEAR THE CROWN OF THE SIDE DISH MENU, DON'T OVERLOOK THEM AS A SNACK PLATE TO SHARE INSTEAD OF A BOWL OF CHIPS. THE KIDS WILL LOVE THEM! FROM THE FOUR CORNERS OF PERTH, HERE IS OUR MUST TRY LIST OF ROAST POTATO PERFECTION:

Brown Street Grill

100 BROWN STREET, EAST PERTH
WWW.BROWNSTREETGRILL.COM.AU

Sitting among the industrial setting of Bright Tank Brewery is the fiery Brown Street Grill. Literally... there is fire. Chef/Owner Stuart Laws loves cooking on raw, hot flames.

You might be mistaken in thinking this is a meat heavy restaurant but woodfired vegetables share the limelight here too. Expect to see chargrilled broccoli, roasted beets and of course the wagyu fat potatoes also get a lick of flame.

Do potatoes get any prettier than the Prince of Orange? With bright blushing skin and a creamy yellow flesh, this variety is a good choice for mashing and roasting.

Steamed before being cut into wedges, the Prince's are then roasted in rendered wagyu fat. Towards the end of the cook, chopped speck is tossed through adding to the flavour. They're then kept over fire to infuse them with smoke before being sprinkled with sea salt and fresh cut spring onion. Enjoy as a side or even better – a bar snack with a pint of Chalkface Killah Hazy IPA or pale ale. Brilliant.



Chapters Bistro

1244 MARMION AVENUE, CURRAMBINE
WWW.CHAPTERSBISTRO.COM

To find the best roast dinner in Perth, follow the British ex-pats. They'll lead you to Chapters in Currambine. The perfect must-haves are the yorkies and the roasties – it's what will have diners thinking about ol blighty and the roast their mum would serve on chilly Sunday afternoon. Chef Neil Herbert plays to this with his duck fat roast potatoes.

These guys go through over 150kg of Royal Blues just on a Sunday – no one misses out on perfection.

Cooked on a bed of salt before being fried in duck fat, the golden nuggets of potato are served with confit garlic and chives. The whisper of garlic is an elegant touch that makes the potatoes really sing.

If you can't make it for Sunday lunch, the good news is the roasties are available on the al-a-carte menu as a side. Order ahead and get the beef Wellington – it's a hefty dish for two and of course it comes with those beautiful duck fat spuds.



GOLDEN GLORY

ROAST POTATOES

Young George

48 GEORGE STREET, EAST FREMANTLE
WWW.YOUNGGEOURGE.COM.AU

Share plates are the main game here. Whether you're sitting down for a meal or pulling up a pew at the bar, make sure the fried potatoes are on your list to order.

Royal Blues are the spud of choice here. The flesh is scored in the centre, creating crunchy jagged edges when fried. Each bite is a crispy salty crunch giving way to soft fluffy flesh. It doesn't get much better than that.

The Café de Paris aioli is a great dipper. The hint of curry powder reminds you that potatoes really do cozy up to just about everything.



Sandalford Winery


3210 WEST SWAN ROAD, CAVERSHAM
WWW.SANDALFORD.COM/EXPERIENCE/THE-RESTAURANT-AND-BAR

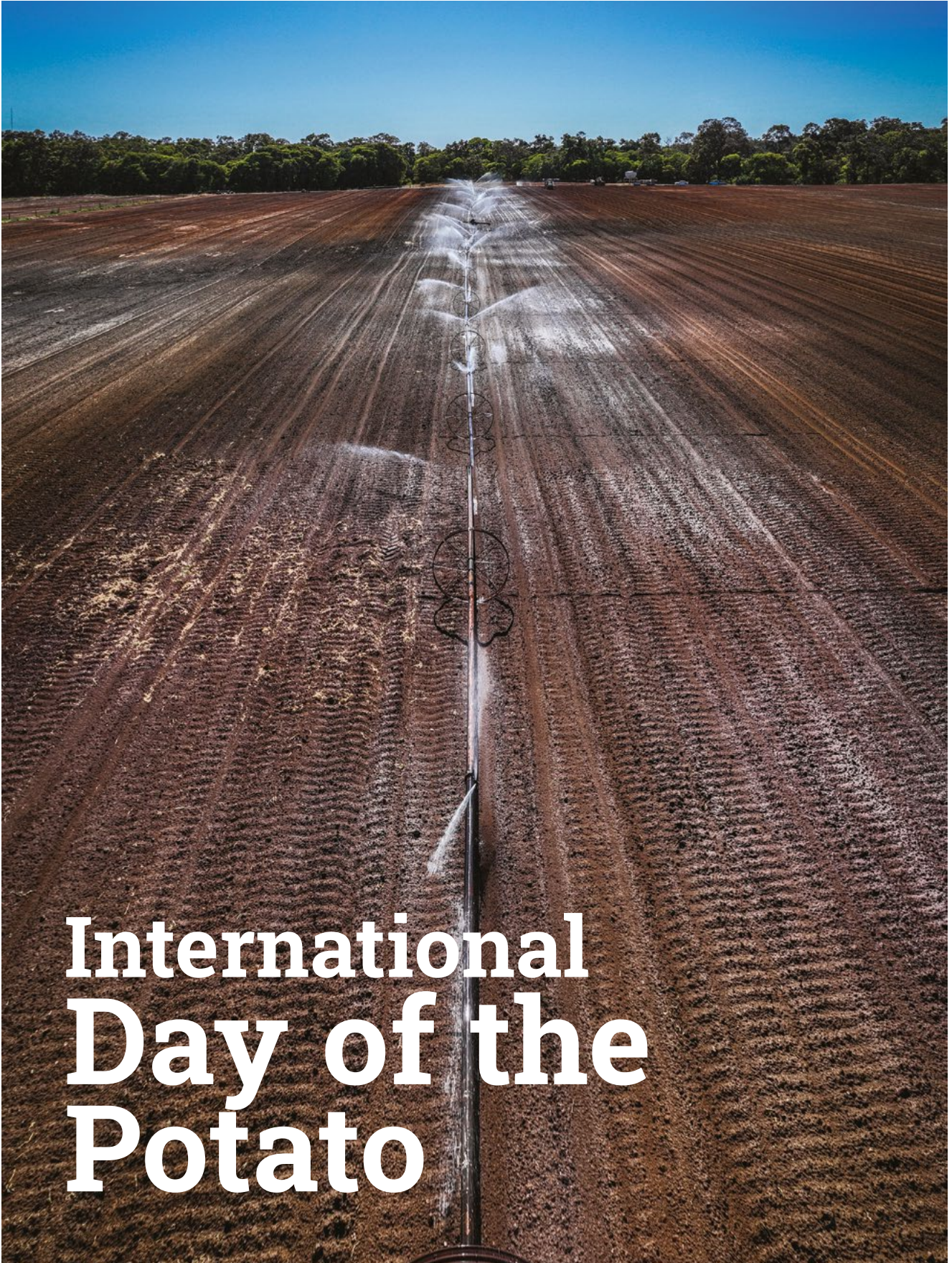
One of the oldest wineries in Australia knows a thing or two about wine. The restaurant at Sandalford in the Swan Valley also knows how to make local produce the star. As a Buy West Eat Best member, they are committed to having at least 70 per cent of the dishes feature WA produce. This State is lucky to have dedicated potato growers supplying our restaurants all year round, meaning the Royal Blues Chef Alan Spagnolo uses are grown right here.

Steamed then roasted, the spuds are then cut into chunks before being deep fried twice. You read that right, these babies are cooked four times.

The result? Super crispy skin with a soft, fluffy flesh.

Tangy and bright, the caper and herb mayonnaise is just the ticket to compliment this crispy beauties. A hint of dill is reminiscent of flavours in a potato salad, but it works here too.

Get the potatoes as a side with the Dardanup lamb rump – it cuts like butter and the sweetness of the lamb marries well with the earthiness of the potatoes. 



International Day of the Potato

Potatoes

PROVE TO BE A SUSTAINABLE OPTION

WORDS BY
SHAY DUNCAN
FOR WA POTATOES



Potato farmers are forever improving the way they farm to increase productivity and be more sustainable. Globally the humble potato is a standout crop for feeding a growing population of an anticipated 10 billion people by 2050, in a sustainable and nutritious way.

Already potatoes are grown on over 19 million hectares and are eaten as a staple food by over 1.3 billion people (Devaux, et al, 2021). In Australia, we eat over 57kg of fresh and processed potatoes per person per year (PotatoPro), and the UN's Food and Agriculture Organisation (FAO) calls potatoes the 'third most important food crop' declaring May 30th 2024 as the inaugural International Day of the Potato.



Turns out potatoes are healthy for us, healthy for the environment and healthy for communities around the world.

The potato is considered valuable when it comes to food security for a range of reasons. Firstly, it's possible to grow more potatoes from the same area of land compared to other staple crops. This leads to more calories and nutrition for consumption from that same land, all while having lower greenhouse gas emissions and placing less stress on our water resources. This is shown in Table 1.

Potatoes produce nearly 5 times the amount of yield compared to rice, while rice has the highest carbon emissions due to the continuous flooding of rice paddies. This growing practice allows bacteria to thrive and release methane which contributes to 94% of its carbon emissions (Qian et al, 2023).

The above figures are based on global averages, though they also stack up in Australian production systems. The average yield for potatoes in Australia is 42 tonnes per hectare (PotatoPro) whereas rice and wheat are 10t/ha (Rice Growers Association) and 2t/ha (ABARES), respectively.

The world has been taking note of potatoes and is acting. Already we have seen an increase in production of more than 34% over the last two decades, driven by improved production efficiencies as there is 17% less land planted for potatoes in 2020 compared with 2000 (Dongyu, 2022). China, which is fast running out of arable land, has included potatoes as part of their food policy to drive up consumption to alleviate pressures on arable land and water resources (Devaux, et al 2021; Narváez-Cuenca et al., 2018). Compared to other staple crops, potatoes are more drought resistant and geographically adaptable, which makes them more resistant to a changing climate (Liu, B. et al 2021). No wonder the UN has declared an International Day of the Potato!

However, like any crop, potato varieties still need continuous research and development including breeding, improved crop management, reducing wastage along the supply chain and improvements to water use efficiency, to reduce the footprint of potatoes on the planet. These will also work towards the UN's Sustainable Development Goals, especially when grown in regions of hunger and malnutrition.




TABLE 1. A COMPARISON OF THE GLOBAL AVERAGES OF MAJOR STAPLE CROPS.

	Yield (t/ha)	Emissions (kg CO ₂ e/ kg)	Calories/m ³ of water
Potatoes	21.8	0.21	5.6
Rice	4.3	3.93	2.0
Pasta/wheat	3.4	1.03	2.3
Corn	5.8	-	3.86

POTATOES PRODUCE NEARLY 5 TIMES THE AMOUNT OF YIELD COMPARED TO RICE, WHILE RICE HAS THE HIGHEST CARBON EMISSIONS DUE TO THE CONTINUOUS FLOODING OF RICE PADDIES.

Despite the agronomic advantages of potatoes, they together with rice, wheat and corn provide 50% of the world's food energy needs (Wijesinha-Bettoni & Mouille, 2019). Therefore, improving the environmental credentials of all these commodities is going to make a significant impact on our global emissions.

The humble potato has been proving its worth in our kitchens for a long time — and now we can choose to lean on them more often when looking for an environmentally-conscious option, especially when we eat fresh, locally-grown WA potatoes. 



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feel good

treating yourself and supporting our state



Some of the world's best ingredients are grown, farmed, fished, processed, prepared, and served right here in WA. Just look for the bite mark logo when you dine out and enjoy delicious food that you can feel good about.

Visit buywesteatbest.org.au to see what's on the menu.