



Green for Go Local

Ingredients in **green** = locally grown or produced



Potatoes



Milk



Butter

Baked Potatoes / Mashed Potato Bowls

By Jenny & Rosie

Yield: 50 Elementary School servings

1) Baked Potatoes

Ingredients

50 medium-large Russet or other baking **potatoes**, scrubbed

Directions

Note: Smaller appetites might prefer ½ potato.

1. Preheat the oven to 400°F (200°C).
2. Place the potatoes on a baking sheet or directly on clean oven racks. Bake for 60-90 minutes, until the internal temperature reaches 165°F (74°C) and the potatoes are tender.
3. Hold warm at a minimum 140°F (60°C) internal temperature, in the oven or steam table. When ready to serve, split almost all the way through with a sharp knife.
4. Add desired toppings (see *Create Your Plate!* on next page for suggestions) to the baked potatoes or place on the side or in a salad bar. If you choose to add hearty toppings like chicken fingers or beef, this recipe may yield more servings.

2) Mashed Potato Bowls

Ingredients

25 lb (11.3 kg) **Potatoes**, peeled and cut into 1 inch pieces
 1 ½ cups (375 mL) **Butter**
 ¼ cup (60 mL) Salt
 12 cups (2.5 L) **Milk**, warmed in the microwave or a pot

Directions

1. Place the potatoes in a large pot. Add salt and enough water to cover. Cover and bring to a boil, then reduce the heat to medium. Cook until potatoes are tender, about 20 minutes.
2. Drain and return to the pot. Add butter and milk and mash until smooth. Hold warm at a minimum 140°F (60°C) in the oven or steam table until needed. For Garlic Mashed Potatoes, add 4 cloves of grated garlic while mashing.
3. Place portions in bowls or on plates. Add desired toppings (see list below) to the mashed potatoes or place on the side or in a salad bar.



Create Your Plate!

Topping, Side & Salad Bar Ideas

With plated food service, we recommend serving the basic recipe and offering any of the following extras or toppings on the side so everyone can customize their meal to their liking.

- ★ **Butter**
- ★ **Sour cream**
- ★ **Grated cheese**
- ★ **Chili**
- ★ **Taco beef**
- ★ **Baked beans**
- ★ **Gravy**
- ★ **Cheese curds & gravy**
- ★ **Cheese sauce** (see Creamy Mac & Cheese recipe) and **broccoli**
- ★ **Salsa** mixed with **beans**
- ★ **Crumbled bacon**
- ★ **Chicken, pork or beef** - cut into strips and cooked
- ★ **Crispy chicken** fingers - cut into chunks
- ★ **Chives or green onions** - sliced
- ★ **Corn on the cob**
- ★ **Broccoli** - cooked or raw
- ★ **Make a Rainbow Salad:**
 - ★ **Carrots** - sticks or grated
 - ★ **Sweet peppers**
 - ★ **Corn**
 - ★ **Cucumber**
 - ★ **Lettuce** or other **greens**
 - ★ **Tomato** - diced
 - ★ **Red cabbage**
 - ★ **Fruit**

Equipment

- 2-4 Large baking sheet pans
- 2-4 Hotel pans for holding and sides

Note from the Authors

"Baked potatoes are a wonderful alternative for people who are Gluten Free because they are so versatile. Whether a taco potato or Italian-style with tomato, meat and cheese, you will make someone happy who otherwise may not get to taste the same flavours as the group. Be sure to keep separate and be aware of any gluten cross-contamination!"

- Jenny & Rosie

Tips & Tricks

Conversion Measures

- 1 lb (454 g) of Potatoes = 1-2 medium/large = about 2 cups mashed

Waste Control

Use leftover potatoes in soups, mashed potatoes, or fish cakes. Mashed potatoes can be frozen.

Veg It Up!

Make a veggie mash kids will love by swapping in turnip, carrots, sweet potato or cauliflower florets for some of the potatoes.