

# WA Potatoes

Autumn/Winter 2021

Free

Inside: Sophie Zalokar's 10 recipes for under \$10

Kate Flowers' potato, pork and fennel sausage tray bake using P. Princi Butchers sausages *p20*

Win an Instant Pot from Kitchen Warehouse!

[www.todatoes.com.au](http://www.todatoes.com.au)

Guide to Perth's best potato dishes

by Martin Eade



Potato Growers Association of Western Australia Inc

They're the worlds third most  
important food stuff.



The Beta ones are **always growing**,  
year-round, right here in WA.

Beta connect with us today

Visit [betaspuds.com.au](https://betaspuds.com.au)



Always Growing



Potato Growers Association of Western Australia Inc

Potato Growers Association of Western Australia Inc

a: 103 Outram Street West Perth, WA 6005

p: (08) 9481 0834

e: admin@wapotatoes.com.au

w: todatoes.com.au

EDITOR

Georgia Thomas

ART

Redtail Graphic Design

CONTRIBUTORS

Martin Eade

Kate Flower

Sophie Zalokar

© Potato Growers Association of Western Australia

2021

Disclaimer: The information, representations and statements contained in this publication are provided for general information purposes only.

Whilst all care and diligence have been exercised in the preparation of this document, the Potato Growers Association of WA (Inc) does not warrant the accuracy of the information contained within and accepts no liability for any loss or damage that may be suffered as a result of reliance on this information, whether or not there has been any error, omission or negligence on the part of the Potato Growers Association of WA or their employees (including but not limited to information which has been provided by third parties).

Follow us



www.todatoes.com.au

# Welcome



Warm potato and pesto chicken salad

Join us as we go **back to basics** in our Autumn-Winter edition of **WA Potatoes** magazine.

Enjoy delicious new takes on some classic recipes – just in time for the cooler weather!

We show you how to make the most of mash with several options for using up any left-overs.

Plus we launch our new online recipe booklet featuring *10 Recipes for Under \$10* created by the talented Sophie Zalokar.

Try not to drool as you read about some of Perth's best potato dishes in our guide curated by local writer Martin Eade.

And make sure to enter our new competition where we will be giving away a brand new Instant Pot valued at \$389 thanks to Kitchen Warehouse on page 7.

Lastly, why not grab a cuppa and read up about the fascinating process for growing seed potatoes in our *Get to Know Your Grower* section on page 22.

We love feedback! If you have any requests for recipes, or other potato-related information drop me an email at: [georgia@wapotatoes.com.au](mailto:georgia@wapotatoes.com.au).

*Georgia*

GEORGIA THOMAS

## Contents

10 recipes for under \$10	3	Mash feature	14
Instant pot recipe	6	New take on the classics	18
Perth's best potato dishes	8	Get to know your grower	22
Dinner made easy!	11	How to store potatoes	25



## Contributing to this edition...



### Martin Eade

Martin Eade is an accomplished freelance food and travel writer and photographer with over 150 articles published in *Broadsheet*. His work has appeared in print and online for publications including *The Sunday Times*, *Time Out*, *Thrillist*, *City of Perth*, *City of Swan* and *So Perth*. He is also a reviewer for the *West Australian Good Food Guide*.

A passionate supporter of the WA food industry, Martin carries both credibility and influence. In 2011 he established Morsels, one of Perth's most popular food and travel blogs.

.....  
 @morsels\_perth  
 @theshelflifeaust  
 morsels.com.au



### Kate Flower

From cook to caterer, events manager to food consultant, Kate has worn many hats during her career and learned from some of the best in the business. This diverse experience affords Kate an innate understanding of food in all its forms. Using images and words as her utensils, Kate works with food driven brands to develop and share their unique stories through food marketing, recipe development, writing and styling.

.....  
 @kateflowerfood  
 @kateflowerfood  
 kateflowerfood.com.au



### Sophie Zalokar

Born and raised in South Australia's Barossa Valley, Sophie began her training as a chef in 1985 under Maggie Beer. Sophie's journey with food has taken her all over the world before coming back to WA. After working at the Oriel Café and Lamont's Winery Restaurant in the Swan Valley she also undertook a Visual Arts Degree. In 2005 Sophie moved to Pemberton and in 2011 opened Foragers Field Kitchen & Cooking School. Foragers sold at the end of 2019 and Sophie planned to take a year off travelling Australia. Covid-19 reduced those plans to being based in South Australia where Sophie is writing, taking short trips and time out of what has so far been a rewarding life in food.

.....  
 @sophiezalokar  
 @sophiezalokar  
 www.sophiezalokar.com

## WA potato suppliers

<b>BETA SPUDS</b>	386 Mandogalup Road, Mandogalup, WA	p: (08) 9410 0900 e: info@betaspuds.com.au w: betaspuds.com.au
<b>GALATI GROUP PTY LTD</b>	10 Clarke Street, O'Connor, WA	p: (08) 9412 6000
<b>KARRI COUNTRY GOURMET POTATOES</b>	PO Box 102, Manjimup, WA	m: 0408 957 132 e: kcgp@outlook.com.au w: naturalpotatoes.com.au
<b>SUPA SPUD (ALDWICH HOLDINGS PTY LTD)</b>	Lot 8 Howson Way, Bibra Lake, WA	p: (08) 9418 4400
<b>PATANE PRODUCE</b>	RN 27 Pead Road, Myalup, WA	p: (08) 9720 2235 e: info@pataneproduce.com.au w: pataneproduce.com



*Introducing...*

# 10 RECIPES FOR UNDER \$10

WRITTEN BY  
GEORGIA THOMAS



*A new online cookbook*



*10 recipes  
for under \$10*

Simple and healthy recipes by Sophie Zalokar  
featuring WA grown potatoes

The idea for this recipe collection is simple, to demonstrate versatile, healthy and flavour-packed options for eating potatoes on a budget. Enter Chef Sophie Zalokar, formerly of Foragers in Pemberton, who created these delicious dishes while travelling around Australia last year.

**WORDS BY  
SOPHIE ZALOKAR**

No matter where you might be in the world, life without potatoes seems impossible to imagine. It's no stretch to say they've saved humanity when little else to eat was available. It seems no matter where you travel the globe, they're prepared in homes and eating venues in so many different ways providing enjoyment and nourishment to millions.

They've been served at our tables for generations and are a shopping list staple commodity item. Sadly, most often now in frozen processed form, which has meant that their unique varietal characteristics and endless creative possibilities are seldom thought about.

This is why I was so excited to be given the opportunity by WA Potatoes to develop 10 recipes with the added challenge of keeping the ingredient cost under \$10.

I started out by using common and new pantry staple items and choosing familiar looking dishes. From there I worked in a few subtle changes to give them a lighter and more delicious contemporary edge.

I've endeavoured to make these recipes simple as we're all up against life's increasing pressures; Covid amplifying it all. The time, budget, health and push to feed ourselves and our loved ones means being ever more resourceful, coming up with yet again another meal that's not the same-old after a full day.

As comforting as mash may be at times and potatoes certainly qualify for that soothing eating pleasure, I was sure more could be done with the humble spud. Making it the main star ingredient rather than the supporting side kick dish.

Aside from delicious flavourings and familiar ways to eat potatoes, I also wanted to include a variety of basic cooking techniques and

serving styles. Eating begins with our eyes. If something looks delicious, we're halfway there.

**HERE'S HOW THE RECIPES EVOLVED**

**Besan potato rosemary flatbread**

Potato pizza is a classic but not possible for those who need to avoid gluten. Besan is flour made by milling chickpeas and is used here together with baking powder to make a gluten-free flatbread base, spread with a roasted garlic puree, topped with thinly sliced potato and baked with olive oil and rosemary. Garnished with thin slices of red onion and walnuts, this recipe makes a delicious snack with drinks or an easy interesting lunch dish.

**Spring onion potato croquettes**

Who doesn't love a croquette? Crunchy fried shell on the outside and light and fluffy on the inside.

Finely chopped spring onions add a savoury tang, lemon zest for lightness and grated mozzarella binds and enriches the mashed potato base. Panko breadcrumbs are the best for making that all important crunchy point of contact!

**Smoked paprika egg baked potato skins**

Scooping out the insides of a baked potato provides a perfect little edible shell to fill with eggs and cream. Flavoured and baked with smoked paprika, a little grated Parmesan, fresh thyme and served with Worcestershire sauce makes for a flavour-bomb snack.

**Sour cream green herb and bean potato salad**

Potato salad can often be a homogenous heavy mass in a bowl but laying the individual salad ingredients on top of a tangy sour cream dressing so that you scoop and dip the potato and other salad ingredients into the fresh herb sour cream dressing as you go makes it fresher, lighter and more flavourful.

**Salt-baked potato, egg, capers and mustard**

Baked potatoes are a perennial favourite but are made extra delicious with the combination of flavourings they're topped with. Admittedly this combo is a little like an individual potato salad, but egg, capers, mustard and cream not only add protein but deluxe flavour.

**Potato leek ginger miso soup**

The addition of ginger and miso to a simple potato and leek soup provide a lighter yet more interesting savoury notes. Miso is one of those magical fermented foods



*Potato fennel olive upside down tart*



Salt-baked potato, egg, capers and mustard

that not only increase the nutritional benefits of the dish but naturally season the dish. It's important though to taste before adding any further salt.

#### Moroccan lemon roasted potatoes

It may seem odd to roast lemon pieces with potato but together with the Middle Eastern magical combination of spices such as cumin, ginger, turmeric and cinnamon their acidity both lightens and heightens these flavours. Garnishing with toasted sesame finishes this dish with both delicious visual appeal and flavour.


#### Potato eggplant chickpea curry

This is a super easy, delicious and quick curry that uses the pantry staples tinned tomatoes and tinned chickpeas. As the eggplant softens it will help bind and thicken the curry sauce. Remember to rinse the tinned chickpeas well to rid them of that inherent metallic aftertaste.

#### Spiced tomato potato bake

If I had to pick a favourite out of this recipe collection, this one would be top of the list. Frying onions with cumin, curry powder and chilli creates a powerful seasoning flavour element that along with tangy tomato the potatoes soak up as they bake. Filling, rich and incredibly delicious.

#### Potato fennel olive upside down tart

This recipe is one for the adventurous. Upside down tarts are usually sweet but are no less spectacular in their presentation and enjoyment when made using vegetables. Olives, fennel seed spiked caramelised onion and red wine or Balsamic vinegar are the flavour agents, naturally seasoning the potatoes nestled on a buttery pastry base. 

#### MORE INFORMATION

All of these recipes can be found at: [www.todatoes.com.au/10-recipes-for-under-10](http://www.todatoes.com.au/10-recipes-for-under-10)

## Spring onion potato croquettes

Makes 16

### INGREDIENTS

2 cups (410g) mashed potato  
2 eggs  
½ cup (60g) grated mozzarella  
½ cup spring onions, finely chopped  
1 tbsp plain flour  
Zest 1 lemon  
½ tsp salt  
¼ cup milk  
1 cup (60g) Panko breadcrumbs  
1–2 cups vegetable oil  
Salt flakes, to serve  
Lemon wedges, to serve

### METHOD

1. Combine the mashed potato, 1 egg, grated mozzarella, spring onions, flour, lemon zest and salt together in a medium sized bowl until well mixed.

2. Using a dessert spoon, form 16 x oval shaped croquettes. Cover and place in the refrigerator for 1 hour.

3. Beat the remaining egg and milk together in a small bowl and place the Panko breadcrumbs in another bowl.

4. Dip each croquette in the egg mix before rolling and lightly pressing in the breadcrumbs to thickly coat.

5. Heat a 2cm deep amount of vegetable oil in a deep frypan or saucepan until the surface is shimmering hot.

6. Fry each croquette until golden brown; frequently turning to ensure even colour.

7. Serve sprinkled with salt flakes and lemon wedges.

Spring onion potato croquettes



*Tip*USE FLOURY POTATOES,  
SUCH AS ROYAL BLUE.

# Instant pot recipe

**Spicy potato wedges served with a  
cucumber and yoghurt dip**

Prep and cook time 1 hour | Serves 4

## INGREDIENTS

3 large floury potatoes,  
(Royal Blue)  
3 tbsp sunflower oil  
1 tsp red chilli flakes  
¼ tsp ground cumin  
¼ tsp ground coriander  
1 pinch smoked paprika  
½ lemon, juiced  
½ clove garlic, minced or  
grated  
¼ cucumber, peeled, seeded,  
and grated  
15g | ½ cup flat-leaf parsley,  
roughly chopped  
225g | 1 cup plain whole milk  
yoghurt  
Salt  
Freshly ground black pepper

## METHOD

**1.** Preheat the oven to 230°C (210° fan) | 450F | gas 8. Line your Instant Pot with an Instant Pot silicone steamer basket or heatproof trivet.

**2.** Cut the potatoes into wedges. Pour about 250mL water into the Instant Pot; add the potato wedges to the steaming basket.

**3.** Cover the Instant Pot with its lid and secure it, making sure the vent knob is set to 'Sealing'. Set the Instant Pot to 'Manual' or 'Pressure Cook' (depending on model) and then set for 5 minutes cooking time at 'high pressure'.

**4.** The Instant Pot will take some time to come up to pressure; when it reaches the correct pressure, the timer will start counting down.

**5.** Once the counter reaches 0, let the Instant Pot stand for 10 minutes to allow the pressure to release.

**6.** Carefully remove the lid after 10 minutes, taking care as there may still be some pressure in the cooker. Transfer the potatoes to a large mixing bowl and add the oil, spices, 1 tsp salt, and ½ tsp black pepper; toss to combine.

**7.** Spread out on a large rimmed baking tray in a single layer; you may need to divide them between two baking trays.

**8.** Bake until golden brown and crisp at the edges, turning once halfway through, 20–30 minutes.

**9.** Meanwhile, stir together the lemon juice, garlic, cucumber, parsley, yoghurt, ¼ tsp salt, and ½ tsp black pepper in a small bowl; cover the dip until ready to serve.

**10.** To serve, divide the wedges between plates and serve with the dip on the side.







Potato Growers Association  
of Western Australia Inc

*Win*

WITH **WA POTATOES** AND  
**KITCHEN WAREHOUSE**



**Instant Pot**  
**Duo Crisp™ + Air Fryer**  
The Instant Pot that air fries.

COMPETITION  
OPENS 1ST MARCH,  
CLOSES  
30TH JUNE 2021

# WIN AN INSTANT POT DUO CRISP + AIR FRYER

WA Potatoes and Kitchen Warehouse are giving lucky readers the chance to take home an **INSTANT POT DUO CRISP + AIR FRYER!** Entering is simple and fast. Just head to the website and fill out a few simple details to be in the draw. The winner will be randomly selected on the **1ST OF JULY 2021.**

The Instant Pot Duo Crisp + Air Fryer is the ultimate modern-day pressure cooker. It combines the power of seven cooking appliances – a pressure cooker, saute pan, steamer, slow cooker, rice cooker, food warmer and yoghurt maker – in one convenient multi-cooker. It lets you create nutritious, clever, cost-effective meals in record time with minimal cleanup.

### HOW TO ENTER:

Simply head to [www.todatoes.com.au/competition](http://www.todatoes.com.au/competition), fill out the form and you will go in the draw for this great prize.

To enter you must be over 13 years of age (or get your parents or guardian to enter for you) and you must be a resident of Western Australia. One entry per person, but feel free to tell your friends and family! [www.todatoes.com.au/competition](http://www.todatoes.com.au/competition)

Product details: [www.kitchenwarehouse.com.au/Brands/Instant-Pot](http://www.kitchenwarehouse.com.au/Brands/Instant-Pot)

*Terms and conditions apply*



*Enter now*

to be in the running to win an  
**Instant Pot Duo Crisp + Air Fryer**  
valued at **\$389 RRP!**

[www.todatoes.com.au/competition](http://www.todatoes.com.au/competition)

WRITTEN BY  
MARTIN EADE

# Perth's BEST POTATO DISHES



Potato gnocchi  
from Automatic  
Italian Kitchen

It's always difficult compiling a 'best of' list as there are usually many options to choose from, and what is 'best' is always a matter of opinion. When it comes to potato dishes it's particularly tricky as almost every restaurant and café serves them in some form be it roasted, chipped or mashed.

Here's a selection of my favourite potato dishes from across Perth covering a selection of restaurant types and cooking method, including some you may not have thought of. Enjoy!



Above: Potato gnocchi, Automatic Italian Kitchen.  
Right: Potatoes, Odyssea.  
Below: Breakfast, Ethos Deli.

#### BREAKFAST, ETHOS DELI

📍 88 GEORGE STREET  
EAST FREMANTLE

Fremantle's Young George is one of Perth's finest restaurants, and its sister venue Ethos Deli & Dining Room finally opened last year after being delayed due to Covid. It's a New York-style deli with strong Eastern European influences, serving many dishes you won't find on any other Perth menu.



You're spoilt for choice when it comes to potato dishes, and they're all as good as each other. There's potato latkes with apple sauce, potato and cheese pierogis with fried onions and sour cream, and their version of Hungarian dish rakott krumppli with soft boiled eggs, smoked sausage and potato terrine covered with torched raclette.

On the counter you'll find their version of New York street snack knish, a soft dough filled with mashed potato and onions.

#### POTATO GNOCCHI, AUTOMATIC ITALIAN KITCHEN

📍 35 MENDS STREET  
SOUTH PERTH

Automatic is one of Perth's best Italian restaurants, offering top class pasta dishes in a casual setting.

They make this list for the hand-made potato gnocchi – it goes without saying that they're soft and pillowy. Best of all, they come in meat (with pork & veal bolognese) and vegetarian (tomato sugo, basil, mozzarella and spinach) versions. Both topped with the finest Parmigiano Reggiano, of course.

Hot tip: They also serve great truffle fries and their Roman-style pizzas are some of Perth's best.

#### POTATOES, ODYSSEA

📍 187 CHALLENGER PARADE  
CITY BEACH

Located on stunning City Beach, Odyssea is one of Perth's most popular beachside dining venues, and one of the best locations for taking visitors from out of town to make them jealous about where you live.



A keen supporter of WA produce, their side dish of fried potato discs elevates WA Royal Blue spuds with porcini salt, parmesan and chives. Crunchy, soft and deeply savoury.

For some more traditional roast potato dishes check out The Flour Factory, Clarence's Company Store and Vincent Wine.

**PIZZA, ROSSONERO**

**18 LYRIC LANE  
MAYLANDS**

Arguably the home of Perth's best pizza, Rosso Nero has two pizzas on the menu with potato as a key topping. It may sound weird, but don't knock it until you've tried it.

There are two potato-pizzas to try: the Dr McCreamy (speck, sliced potato, rosemary, mozzarella, pepper on a cream base) and the odd-sounding but quite spectacular Sticky Pig (bacon, sliced potato, feta, apple, thyme, butterscotch sauce on a white base).

**FRITES, LE REBELLE**

**676 BEAUFORT STREET  
MOUNT LAWLEY**

Everybody has their favourite fries, but this is no Macca's vs KFC argument. I'm giving my award to Beaufort Street's favourite French bistro, Le Rebelle. Perhaps unsurprisingly, they take French fries to the next level. The secret is a homemade version of classic American Old Bay seasoning, a blend of 18 spices and herbs including celery salt, paprika, and pepper.

Le Rebelle's fries come with their confit duck and best-in-town beef tartare and or can be ordered as a side with bearnaise sauce.



Top: Potato rosti from Potato Potahto. Above: Cheese fries from Meet & Bun. Left: Potato latkes from the weekend brunch menu at Ethos Deli & Dining Room.

**POTATO ROSTI, POTATO POTAHTO**

**3 GEMSTONE BOULEVARD  
CARINE**

One of Perth's newest cafés, appropriately-named Potato Potahto has quickly earned a reputation for serving some of Perth's best potato rosti. Available in a traditional eggs Benedict, underneath some great pork & fennel meatballs or just on the side of some fantastic scrambled eggs, these are well seasoned and simultaneously crisp and soft. A brunch-lovers dream.

**CHEESE FRIES, MEET & BUN**

**609 BEAUFORT STREET  
MT LAWLEY  
TRINITY ARCADE PERTH  
3 CANTONMENT STREET  
FREMANTLE**

Loaded fries have yet to reach their creative peak in Perth, but there are a few good examples to be had and I'm picking these as the perfect burger accompaniment. Meet & Bun's cheese fries may appear simple, but they're been carefully constructed

so the oozy cheese sauce goes all the way to the bottom. Paprika seasoning gives some kick, and you can add bacon and jalapeños if you like.

This was a hard one to call, and I can happily recommend the loaded fries from Upperhand Burgers (Peking duck, chilli cheese and vegan jackfruit varieties) and the loaded tater tots from RoyAl's Chicken and Burgers. 

# Dinner MADE EASY!

RECIPE AND STYLING BY  
**KATE FLOWER**  
PHOTOS BY  
**NICK THAKE**

Looking for a healthy and delicious mid-week dinner option? WA Potatoes has teamed up with another local legend, Mt Barker Chicken, to show you how to do it with this great recipe.



*Gourmet potato and Mt Barker pesto chicken strips*



*Warm potato and pesto chicken salad*

## Warm potato and pesto chicken salad

Prep time 10mins  
Cook time 20mins  
Serves 4

### INGREDIENTS

500g baby potatoes, halved  
2 tbsp olive oil  
1 pack Mt Barker Pesto Chicken Strips  
½ punnet cherry tomatoes, halved  
100g baby spinach leaves  
150g bacon rashers, sliced 1cm strips width ways  
½ cup sunflower seeds (or crushed almonds or pepitas)  
½ cup store bought pesto (optional)

### METHOD

1. Cut the potatoes in half and place in a saucepan of salted water.
2. Bring to the boil, then turn down the heat and simmer for 8–10 minutes or until the potatoes are tender when skewered with a knife. Drain and set aside.
3. Meanwhile, heat a fry pan and lightly oil. Add the bacon and cook stirring until it starts to brown and crisp. Add the sunflower seeds and toss with the bacon for a couple of minutes to toast. Remove the bacon and seeds to a large bowl with a slotted spoon, leaving the oil and bacon fat in the pan.
4. Add the chicken strips to the fry pan and cook on each side for around 3 minutes or until cooked through. Remove them to the bowl with the bacon and seeds.
5. Leave the fry pan on high heat and add the steamed potatoes, tossing for a few minutes so they crisp a little and are wrapped in the bacon and pesto flavour.
6. Add the potatoes and all remaining ingredients together, while the bacon, potatoes and chicken are still warm, and present on a platter. Serve with extra store bought pesto if you wish. 🍴

### Cook notes

This is a fabulous recipe for easy entertaining. Double the recipe and feed a crowd with ease.

Warm potato and pesto chicken salad





# FRENCH IN A FLASH

## FRENCH CHICKEN & MUSHROOMS

READY IN

**4**

MINUTES



SERVES

**2**

PEOPLE

**GOURMET MEAL CENTRES - JUST ADD SIDES  
NOW AVAILABLE IN THE CONVENIENCE MEAL AISLE**



# Mash

**IS THERE ANYTHING AS COMFORTING AS A BOWL OF CREAMY MASHED POTATO?**

**M**ash is such a great side dish, but is also an incredibly versatile base for a multitude of meals. Next time you add mash to the menu, make double and try these great recipes.

*Tip*

FOR MASH, COOK POTATOES WHOLE, SKIN ON, THIS WAY THEY DON'T GET WATER LOGGED.





**OUR RECIPE DEVELOPER KATE FLOWER, HAS SHARED HER BASIC MASH RECIPE**

"While it would be great to eat restaurant quality mash at home, it's so full of cream and butter that it's really not an every day option. Here is my go to recipe which keeps the fat content down and keeps the flavour packed in."

"I like to cook my potatoes whole, skin on for mash. This way the potatoes don't get water logged."



## Simple homestyle mash

**Cooking time** 30 minutes | **Serves** 4-6

### INGREDIENTS

1kg white potatoes  
½ cup full cream milk  
50g butter  
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 mins).
2. Drain the potatoes then pop them back in the empty pot on the heat.

**3.** 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.

**4.** Once cool enough to handle, remove the skin and pop the potato flesh back into the same pot over low heat.

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

## Potato, parsley and cheddar flatbread

**Cooking time** 30 minutes | **Makes** 6

### INGREDIENTS

1 cup mashed potato, cooled  
1 cup plain flour  
2 tbsp parsley leaves chopped  
60g cheddar shredded  
½ tsp salt

### METHOD

1. Place flour, parsley, cheese and salt into a food processor and pulse until the cheese and parsley have broken down into the flour.
2. Lay your mash potato on a floured bench.
3. Add the flour mix and begin to fold the two together.
4. Once the mash and flour have combined, give the dough a good knead adding flour as needed

to keep the mix from becoming sticky.

**5.** Roll your dough into a 20cm (ish) sausage and cut this into six even pieces.

**6.** Roll these into a ball then roll each one out, dusting both the bench, rolling pin and the flatbread with flour as needed. Roll the dough to a 2mm thin, 20cm diameter circle.

**7.** Heat a fry pan over medium heat and add your flatbread to a dry pan to toast.

**8.** After a couple of minutes flip the flatbread and allow to cook for a further minute or so until the bread puffs slightly and has some toasty spots.

**9.** Remove from pan and keep warm in a container with a lid, or eat warm from the pan.



Potato, parsley and cheddar flatbread



*Tip*

FOR A GLUTEN FREE OPTION, REPLACE THE PLAIN FLOUR WITH TAPIOCA FLOUR OR GLUTEN FREE FLOUR.



Stuffed potato cakes

*Potato mash cakes stuffed with red capsicum, broccolini and spring onion*

*Cook notes*

Mix up the fillings to your taste. Try chorizo and red pepper with cheese OR peas and pesto with parmesan.



*Perfect with:*  
**blue, red or white varieties**

## Stuffed potato cakes

Prep time 10 minutes | Cook time 15 minutes | Makes 10

### INGREDIENTS

1kg mashed potato  
 ⅔ cup plain flour  
 Salt and pepper

### Filling

1tbsp olive oil  
 1 clove garlic, crushed  
 ½ bunch broccolini, chopped into small pieces  
 2 spring onions sliced into very thin rounds  
 ½ red capsicum, diced fine  
 ½ tsp ground chilli (or to taste)  
 100g mozzarella, grated  
 50g parmesan grated  
 1 cup Panko bread crumbs (optional)  
 ½ cup olive oil

### METHOD

1. Stir the flour through the mashed potato and set aside.
2. Heat a frypan over medium heat and add the olive oil. Add the garlic and spring onion and cook for one minute before adding the capsicum and broccolini. Continue cooking and tossing with a wooden spoon for a further two minutes. Sprinkle

over chilli and season with salt and pepper, then set aside to cool a little before stirring through the mozzarella and parmesan.

3. Take a couple of tablespoons of the dough and flatten it out into a pattie. Push a well into the centre. Add a heaped tablespoon of the vegetable and mozzarella mixture in the middle, then top with more of the potato mixture and shape into round potato Cakes. Place each potato cake into a bowl of crumbs, gently pressing down on each side to coat. Set the cakes aside ready to cook.

4. Heat ½ the oil in a frypan over medium high heat and, when hot, cook the potato cakes in batches for around 3–4 minutes on each side until crisp and golden. Remove them to a plate lined with paper towel to absorb any excess oil. Continue cooking the cakes, adding extra oil as necessary. Serve the cakes warm with smoked paprika mayonnaise, or your condiment of choice, and lemon wedges.



Potato, pesto and broccoli puffs


## Potato, pesto and broccoli puffs

Cooking time 30 minutes | Serves 12

### INGREDIENTS

2 cups mashed potatoes  
 3 large eggs, beaten  
 3 tbsp basil pesto  
 1 cup cheddar cheese, shredded  
 ¼ cup bacon bits  
 1 cup broccoli, roughly chopped 1cm  
 ¼ cup spring onion, chopped  
 Pepper to taste  
 ¼ cup Parmesan cheese, shredded

### METHOD

1. Combine mashed potatoes, eggs, pesto, cheese, bacon bits, broccoli and spring onion.
2. Season with pepper.
3. Line a standard muffin pan and mound 2 heaped tablespoons into each cup.
4. Sprinkle each cup with remaining parmesan cheese.
5. Bake for 30–35 minutes at 180 degrees or until golden brown.
6. Cool for 5 minutes before enjoying. 

# A new take on the *classics*

RECIPE AND STYLING BY  
**KATE FLOWER**  
PHOTOS BY  
**NICK THAKE**  
PHOTOGRAPHY

Vegan potato  
and field  
mushroom  
bake

*Layered potatoes with vegan white sauce and mushrooms*

*Tip*  
YOU CAN SUBSTITUTE  
BUTTON OR CHESTNUT  
MUSHROOMS.



Perfect with:  
**white varieties**





## Vegan potato and field mushroom bake

**Prep time** 15 minutes | **Cook time** 40 minutes  
**Serves** 4 (as a main), 6–8 as a side

### INGREDIENTS

#### Vegan white sauce

1L oat milk, warmed  
 10 tbsp olive oil  
 10 tbsp plain flour  
 ½ tsp ground nutmeg  
 optional  
 Salt and pepper

#### Bake

4 large white potatoes,  
 sliced into 1–2mm thin  
 rounds  
 2 garlic cloves crushed  
 1 red onion sliced thinly  
 500g field mushrooms, stalk  
 removed, cut in half then  
 thinly sliced  
 1 tbsp thyme leaves,  
 removed from the stalks  
 3 tbsp tomato paste  
 Salt and pepper  
 ½ cup nutritional yeast

### METHOD

1. For the sauce, place oil in a saucepan and bring to heat. Add the flour and whisk it in until smooth. Slowly add the warm oat milk, whisking continually until all milk is in and the sauce has thickened. Season with salt and pepper. Set aside.
2. Heat oil in a large fry pan over medium high heat. Add the onion and garlic and cook, stirring, for two minutes. Add the mushrooms and a little warm water and cook, tossing, until the water has evaporated and the mushrooms have wilted down.
3. Stir through the tomato paste and thyme, then season with salt and pepper. Simmer mushrooms for a further two minutes then remove from heat and set aside.
4. Preheat oven to 200°C fan forced.
5. In a medium ovenproof frypan or baking dish (1.5 litres) start by spreading thin a layer of mushroom across the base, top with a ladle of vegan sauce and sprinkle with nutritional yeast (optional), then top with a layer of potato rounds, making sure they overlap by about one third.
6. Repeat for two more layers, then finish by topping the third and final potato layer with sauce and nutritional yeast. Bake for 40 minutes to 1 hour or until golden, bubbling and the potatoes are cooked through. A knife should move through the layers easily once the bake is cooked through.

### *Cooks notes*

You can swap out the vegan sauce for standard white sauce and the nutritional yeast with parmesan if that suits your family.



Potato and pork and fennel sausage tray bake



Perfect with:  
blue varieties



Potato, sausage, red onion and apple bake with bay leaves



## Potato and pork and fennel sausage tray bake

**Prep time** 15 minutes  
**Cook time** 45 minutes  
**Serves** 4


### INGREDIENTS

600g blue potatoes sliced into large chunks (approx 5cm)  
 4 tbsp olive oil  
 6–8 thick pork and fennel sausages  
 2 red onion sliced into quarters  
 2 Granny Smith apples, sliced in half through the centre, seeds removed  
 6 fresh bay leaves, torn  
 Olive oil  
 Salt and pepper

### To serve

Green beans  
 Gravy

### METHOD

1. Preheat the oven to 220°C, fan 200°C, gas 7.
2. Cook the potatoes in boiling salted water for six minutes then drain well.
3. Pour the olive oil into a roasting tray and heat in the oven for a few minutes. Add the drained potatoes to the oil and mix in well then adding the sausages, red onion and bay leaves.
4. Return to the oven and roast for 25 minutes until the potatoes and the sausages are golden. Flip the sausages and potatoes, add the Granny Smith apples and cook for a further 15 minutes then season with salt and pepper and serve with traditional gravy and steamed green beans. 



### Cook notes

**Simply satisfying.**  
 Pop this easy tray bake on high rotation as the weather gets cooler.

*Tip*  
 WE CHOSE TOP QUALITY, LOCALLY MADE SAUSAGES FROM P. PRINCI BUTCHERS FOR THIS RECIPE.



**P. PRINCI**  
 E.1950  
 BUTCHERS



**FAMILY OWNED & OPERATED FOR OVER 70 YEARS**  
 • THE TASTE IS IN THE DETAIL •

**ORDER 24 HOURS A DAY**  
**7 DAYS A WEEK ONLINE OR IN-STORE**  
 DELIVERED STRAIGHT TO YOUR DOOR

VISIT [WWW.PRINCIFOODSERVICES.COM](http://WWW.PRINCIFOODSERVICES.COM) OR OUR FLAGSHIP STORE ON  
 258 CANNING HWY, BICTON WA 6157 • PHONE: (08) 9314 2494

PROFILE

GET TO KNOW  
YOUR GROWER

# JULIAN ACKLEY



RESPONSES BY  
**JULIAN ACKLEY**

PHOTOS BY  
**SKYPRINTS**

**P**otato seed growing specialists the Ackleys along with their neighbours, the Westcotts, are proudly continuing the legacy that their forebears put into motion in the 1940s.

Located in the Cuthbert-Elleker swamp areas in Albany, the operation initially grew spuds for the potato board, eventually growing processing potatoes for Edgell, then later seed potatoes for the processing industries, and finally branching into seed potatoes for the fresh market as well.

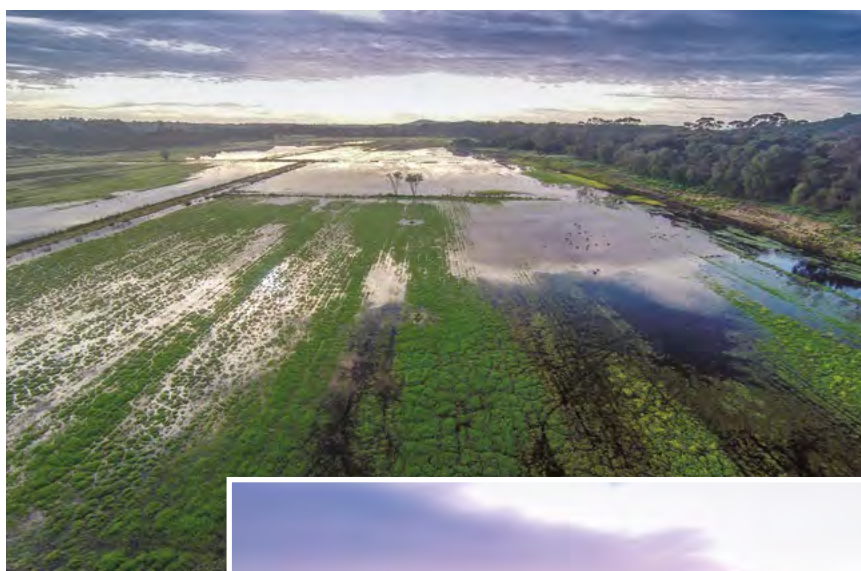
During winter the swamps flood and go under water which eliminates any crop remnants from the previous season, crops are then grown in the narrow dry window between December and April without irrigation.

Growing quality seed is a highly skilled process – from variety selection to the micro-managing up to 30 varieties and different growth stages prior to being ready to sell. Julian provides more background in the Q&A below to his farm and the seed industry.

#### Q & A

**Q** How long has your family been in the region?

In the early 40s my grandfather Bob Ackley and his brothers came to Albany during the war to dig potatoes which was in those days by fork. Consequently, in the late 40s my grandfather Bob Ackley purchased a swamp in Cuthbert area (about 7km from Albany) and began potato farming.



*During winter the swamps flood and go under water which eliminates any crop remnants from the previous season, crops are then grown in the narrow dry window between December and April without irrigation.*



Forward to 1967, my father Terry Ackley leased the swamp from my grandfather and started growing potatoes for the board. By 1972 he was able to buy his own swamp in Cuthbert, which we still farm today. Around 1974 a school friend of my father, Chris Westcott, purchased a neighbouring swamp and a long-standing partnership was formed.

In 2010 Chris Westcott started growing seed potatoes with his son Steven Westcott on the Elleker swamps and I joined my Father farming at the Cuthbert swamp. In 2018 I purchased another swamp in Elleker, next door to Westcotts, and today we both continue the legacy our parents have created for us.

**Q** What do you enjoy about 'seed' potato farming?

There are many aspects to being a seed potato farmer that is a bit different, firstly my customers are almost all farmers. I specialise mostly in the West Australian market and operate across

the fresh and processing industries, while also supporting farmer's market growers, and supplying seed into the nursery industry.

Growing seed potatoes is a long process, from ordering mini tuber stock from the laboratories to having a product in my customers hands is a 5–6 year process and there is no return as a seed grower till the end of that process. Ordering the laboratory grown disease free tuber stock starts 18 months prior to delivery.

Each variety has its own special requirements and properly understanding that can take many seasons to master. While I will admit, like many farmers, I quite like driving a tractor, working with the plant breeders and eventually turning the varieties they have into commercial success for my customers is the greatest reward.

**Q** Which is your favourite potato variety to eat?

As a seed grower there is no question I am spoilt for choice. When it comes to a waxy variety (for potato salad, boiling or in the slow cooker) Prince of Orange has the waxiness rivalling Kipfler that holds it together even if you overcook it. It has more flavour and a gentle sweetness that really brings it up to a whole another level. It has an agreeable texture and the natural ability to absorb the cooking flavours, in my opinion at least, it is king. Prince of Orange offers all the advantages of a Kipfler, but with none of the drawbacks, and let me add, you can mash it virtually solo, no need for garnish.



Above: Prince of Orange potatoes.  
Right: Julian and father Terry Ackley.



**Q** Is there anything about potato farming that you wish consumers knew or understood better?

For me it is the fact that it is one of the healthier carbohydrates. I often meet people who will not eat spuds because they swore themselves off the carbs, yet with health benefits in mind are happy to bend the rules for a pasta or rice dish, but not a potato-based meal.


**Q** Look into your crystal ball – where do you hope to see the WA potato industry in 5 years?

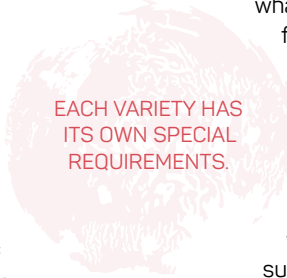
I'd like to see West Australian restaurants and retailers increase support of our local potato processors for chips and peeling stock. We have plenty of unused capacity that could be further leveraged to supply a local product grown in WA for West Australians. We may need to increase marketing around WA processed potato products to further boost consumer awareness that


these products do exist and the benefits that they offer our state.

In the fresh market I hope to see improved stability. To recover some certainty as well as promote better forward planning. As a seed grower it is exceedingly difficult to forecast what spuds will be on the shelves 7 years in advance. When I order my tuber stock from the laboratory that is exactly what I am trying to do. Today's

fresh market potato growers are often uncertain of what to do just a few months in advance. This leads to inability to obtain the right seed and not being able to react and supply to the market's requirements successfully. There is a

significant risk we will lose our own market share to imports if we are no longer able to make plans for the future of our own industry. 






## SUPA SPUD

**ENJOY NATURES HARVEST**

Supa Spud are one of the largest family owned packers and wholesalers of potatoes in Western Australia. In WA we are lucky enough to grow potatoes 365 days per year. That means we are able to source WA grown potatoes all year round.

Aldwich Holdings Pty Ltd  
Lot 8, Howson Way  
Bibra Lake, WA  
Phone: 08 9418 4400



**FOR TASTY RECIPES CHECK OUT  
TODATOES.COM.AU**

*Today's*  
**POTATOES FOR TOMORROW  
 AND THE DAY AFTER**

Find a cool, dark place to store your potatoes.

# How to STORE POTATOES

**W**e have a few little tips which help you improve the life-span of your potatoes, keeping them fresher for longer.

Potatoes are commonly known to be a long-lasting vegetable in the cupboard, but often they can sprout, causing them to lose their freshness. Storing them correctly will help to ensure you have tasty potatoes to enjoy every day.

So what can you do to keep those tasty Today's fresh?

## INSPECT YOUR POTATOES

Start off by inspecting your potatoes, you want to ensure you're putting only the best quality potatoes into your cupboard. Having the best quality potatoes stored is essential to making them last.

STORING THEM  
 CORRECTLY WILL HELP TO  
 ENSURE YOU HAVE TASTY  
 POTATOES TO ENJOY  
 EVERY DAY.

WA potatoes go from farm to fork in less than 48 hours so we're sure you'll have no issues finding some great ones!

## FIND THE PERFECT STORAGE SPOT


Find a cool, dark place to store your potatoes. It could be under the stairs or in a rack or cupboard which doesn't receive too much sunlight. If there's no room inside, you can store them in a shed or any cool dry place you can think of.

## FIND THE RIGHT STORAGE CONTAINER

When storing your potatoes, you want to make sure they're in the correct kind of box/basket. A cardboard box will do perfectly. Otherwise, feel free to use a paper or mesh bag with good ventilation to allow the potatoes to breathe. Keeping them in a plastic bag will restrict the air flow and encourage the potatoes to produce moisture, creating sprouts and taking away the taste.



## CHECK ON YOUR POTATOES

Finally, it's onto the maintenance phase. You should continually check on the potatoes and if any seem to be going soft, or they're sprouting, make sure you remove them from the batch to prevent others going bad. A quick reminder – sprouting potatoes can still be eaten and enjoyed! Just make sure they're still fresh on the inside! 

## MORE INFORMATION

If you are looking for a storage solution, why not try one of our potato storage bags? You can order them online from our Shopify store: <https://wa-potatoes.myshopify.com>