# New Potatoes

# new potatoes image

These are usually in season from April to late summer. Early season new potatoes are generally smaller and a little tender, whereas ones later in the season are generally larger and have more flavour.

## How to store New Potatoes

These are best kept dirty and in the dark. Leave them in a paper bag and store someone cool or in the fridge.

## Macro Breakdown per 100g

* Kcal 70
* Fat 0.1g
* Carbs 14.7g
* Protein 1.8g
* Fibre 1.8g

## Nutrient Breakdown per 100g

(RDA – recommended daily allowance)

### Vitamins

* Folic Acid (B9) 25µg (4% RDA)
* Tryptophan 24mg
* Vitamin C 7mg (33% RDA)
* Niacin Total (B3) 1.1mg (6% RDA)
* Niacin 0.7mg
* Pantothenic Acid (B5) 0.5mg (6% RDA)
* Biotin (B7) 0.3µg
* Vitamin B6 0.2mg
* Vitamin K 0.2mg (2% RDA)
* Vitamin D and E 0.1mg
* Thiamin (B1) 0.02mg (7% RDA)

Minerals

* Potassium 320mg (9% RDA)
* Chloride 117mg
* Phosphorus 34mg (8% RDA)
* Magnesium 14mg (6% RDA)
* Calcium 6mg (1% RDA)
* Sodium 3mg (0.4 % RDA)
* Zinc 0.2mg (3% RDA)
* Iron 0.1mg (10% RDA)
* Manganese 0.1mg (6% RDA)
* Copper 0.1mg

## How to prepare New Potatoes

All you need to do is rinse under a cold tap and lightly scrub the skin to remove any dirt.

## How to cook New Potatoes

### Boil

Place your potatoes in a pan and cover with cold water and a pinch of salt. Bring it to the boil and then reduce the heat and simmer for around 15 minutes or until cooked through.

### Baked

Cut any larger potatoes in half to make them all roughly the same size. Spread them over a baking tray and coat with oil of your choice. Throw in some garlic cloves and rosemary and bake in the oven for around 40 minutes or until cooked turning them a couple of times.

### Stove

Place new potatoes in a frying pan with some coconut oil and a splash of water. Cover the pan and cook on a low heat giving the pan a shake occasionally to help stop them stick. Cook until potatoes are tender in the middle (20 – 40 minutes depending on size).

## Ingredients that work well with New Potatoes

* Butter
* Mint
* Rosemary
* Dill
* Chives
* Parsley
* Lemon
* Vinegar
* Garlic
* Onions
* Bacon
* Crème fraiche
* Sour Cream
* Eggs
* Fish
* Olives