

Arowhon Pines British Roast Potatoes

No traditional British roast dinner is complete without Yorkshire pudding and potatoes roasted in beef fat! I first learned this recipe at Arowhon in 1986, and took it with me around the world! When I started these demonstrations my eldest son, Jacob, asked me why don't I demonstrate something useful that he can make, like Yorkshire pudding and roast potatoes?

David Cooke

Serves 2

Ingredients:

2	Russet potatoes, peeled and washed,
400 mL	Beef or Duck fat
1 T	coarse Salt
1 T	rosemary, chopped fine.

Method:

Cut potatoes into 3 or 4 pieces, approx.5 cm diameter.

Round off any edges so that the potatoes will roll in the pan.- these should be 50 grs each.

Remove eyes with hand peeler

Steam or simmer for 10 minutes. Drain, and toss potatoes in the colander to "rough up" surface, this will make a crispier roast. When potatoes stop steaming, refrigerate.

In a roasting pan, pre-heat fat until 300 F, add potatoes

Do not crowd potatoes - leave room for rolling. Start browning potatoes on stovetop, and move to oven once started.

Sprinkle with coarse salt

Roast in regular oven at 350 degrees for 35 minutes (without fan), gently shaking pan every 10 minutes, until cooked golden with a brown crisp on the outside and fluffy inside.

Remove from pan to drain, add rosemary and gently mix to coat potatoes.

Keep warm in low oven

Taste and check seasoning.

Serve immediately:

When serving with Yorkshire pudding, serve 1 potato (1 3/4 oz)

Regular serving is 2 x 1 3/4 oz