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Take Home Chef



Recipes



From Episode 174: Heather B.'s Menu

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Spiced Crispy Potatoes

Serves 4

Ingredients:

½ teaspoon/.5 g ground coriander seeds
 ½ teaspoon/.5 g ground cumin seeds
 ½ teaspoon/.5 g ground fennel seeds
 ½ teaspoon/.5 g dried red pepper flakes
 ½ teaspoon/.5 g ground paprika
 ½ teaspoon/.5 g ground turmeric
 2 pounds/900 g fingerling potatoes (about 16)
 6 tablespoons/90 ml olive oil
 Salt

Method:

Place a medium sized sauté pan over medium to high heat. Add the coriander seeds, cumin seeds and fennel seeds and stir for about 2 minutes or until the seeds are toasted and fragrant.

Transfer the seeds to a spice grinder and cool slightly. Add the red pepper flakes and pulse until the spices are finely ground. Pulse in the paprika and turmeric. Set the spice mixture aside.

Place a large pot of salted water over high heat and bring to a rapid boil. Add the potatoes and cook for about 15 minutes or until just tender when pierced with a skewer. Remove the potatoes from the water and place them on a work surface to cool for 10 minutes.

Using a small saucepan or flat-bottomed cup and working with one potato at a time, smash each a potato on the work surface. Place two large nonstick sauté pans over medium-high heat then drizzle the olive oil over the hot pans.

Add the potatoes to the hot pans, dividing equally, and sprinkle the

spice mixture over the potatoes. Cook for about 5 minutes per side or until the potatoes are crisp and golden brown. Season the potatoes generously with salt. Transfer to plates or a platter and serve immediately.

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