



GF Friendly

Fried Spud Patties

adding a new dimension to the humble mashed potato

Mashed potato is filling and tasty, but it can get a little boring day after day. By preparing the potatoes as usual, then mixing in other ingredients can make a pleasant change. But taking this mixture and frying it gives the humble mash a new perspective. You can brown and crisp them up in the pan, or on the barbecue, and even the kids might be tempted to try these patties-with-a-difference.

Basic Mash

1 small to medium potato per person
salt and pepper to season plus milk if required

Peel and cube the potatoes, then boil or microwave until softening, but not soggy. Drain, cover and allow to steam for a minute. Add a little seasoning, now mash thoroughly, adding some milk if too dry – it must stick together and not crumble. Set aside while preparing the additions.



The following quantities are for two patties PER PERSON:

Pumpkin (or sweet potato) and onion

¼ cup cubed (7mm or ¼ inch) pumpkin
1 Tbsp finely-chopped onion
Canola or extra virgin olive oil

Sauté together in a lightly-oiled frypan until the pumpkin is starting to soften. Add to the mash and fold in well, but carefully. Form into tennis-ball rounds (smaller if you prefer golf!) and flatten slightly. Fry in the same pan (only add oil if absolutely necessary) a few at a time, turning occasionally until brown, but avoid burning (we managed that!). Pop in the oven to keep warm.

Add any of these to the mash, form into patties, then fry:

Cheese and Spiced Gherkin

½ thinly-sliced gherkin
1 Tbsp grated cheese (whatever type you fancy)
1 Tbsp grated carrot

Bubble and Squeak

chop a leaf or two of cabbage and add to the potatoes before boiling

Ham and Cheese

1 Tbsp finely-chopped ham
1 Tbsp grated cheese

Peas and Corn

1 Tbsp cooked corn kernels
1 Tbsp cooked peas

You can add chopped herbs, spices, or garlic. As a variation, try lightly pressing the patties in breadcrumbs or corn (maize) meal before frying (top left). Desiccated coconut is also worth a try.

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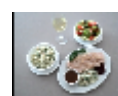
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