14 RECIPES WITH CORNISH NEW POTATOES
SIMPLE & DELICIOUS RECIPES BY GUEST FOOD BLOGGERS AND SEASONAL SPUDS
WHAT'S SO SPECIAL ABOUT CORNISH NEW POTATOES

When you think of Cornwall you tend to picture its beautiful, sometimes wild and rugged, coastline. Nowhere in Cornwall is more than 20 miles from the sea and that's something that Cornish farmers have been capitalising on for generations. With its frost-free maritime climate, winter and spring in Cornwall are that bit milder than the rest of the UK.

From sites in the South West, Lincoln and Scotland, Branston supply fresh and ready prepared potatoes. We do all this with the help of dedicated and professional potato growers who deliver the high standards we demand, day in, day out.

Our Cornish farmers understand the land so they know which fields will warm up first and they plan their planting accordingly. Starting with south-facing slopes closest to the coast, they will plant as early as January, protecting the delicate plants under fleece or polythene until springtime arrives.

Working with the natural landscape gives the crops a head start so that the first Cornish New Potatoes are ready to be freshly harvested right at the start of summer. They are the first of our UK mainland potatoes to be available each year. Sequential planting and careful monitoring helps to ensure that there's a steady supply of potatoes ready to be harvested as they are needed throughout the season for maximum freshness.

Of course, you can get salad potatoes all year round now, but nothing beats the fresh, mild taste and the delicate texture of freshly harvested Cornish New Potatoes when they’re in season. They are harvested while the plants are still green above the ground, which means that the skins are papery thin and they retain more of their natural sweetness. We have developed Seasonal Spuds to help you enjoy the best potatoes in season.

Cornish New Potatoes are bursting with natural vitamins and minerals. They are super simple to prepare and quick and easy to cook. There's no peeling, just give them a wash and pop them in the pan. They're a healthy treat simply boiled or steamed, and served with a little butter to bring out the delicious mild flavour.

Why not try one of our fantastic recipes? Developed by eight of the country’s best known food bloggers and our New Product Development team at Branston, these will make a great addition to summer mealtimes.

ENJOY THEM AT THEIR SEASONAL BEST THROUGHOUT THE SUMMER.
OVEN ROASTED HERB CRUSTED CORNISH NEW POTATOES

Ingredients:
- 750g Cornish New Potatoes
- 2-3 tbsp British rapeseed oil

For the herb and spice mix:
- 1/4 tsp smoked paprika
- 1/4 tsp dried thyme (1 tbsp freshly chopped thyme)
- 1/4 tsp dried oregano (1 tbsp freshly chopped oregano)
- 1/4 tsp ground black pepper
- 1/2 tsp garlic granules
- 1 tsp Cornish sea salt

Method:
1. Preheat oven to 200°C (180°C fan).
2. Mix the herbs, spices, salt and pepper together.
3. Wash and dry the potatoes. Cut any larger ones in half and place them into a large roasting tray. Drizzle the oil over the top and turn the potatoes over to ensure they are all evenly coated.
4. Sprinkle the herb and spice mixture over the potatoes, turning them over until they are all covered in the mixture.
5. Place in the centre of the oven and roast for around 50 - 60 minutes, or until they are crisp on the outside and tender in the middle. For an even crispness, shake the roasting tray three or four times during cooking.

Serve with: Roast chicken, baked fish or with any grilled or roasted meat and poultry. Great for the BBQ too!

ABOUT OUR BLOGGER
Lavender and Lovage
Karen Burns-Booth is a freelance food and travel writer and recipe developer. Karen shares her time between North Yorkshire and South West France.

Serves: 6
Prep time: 10 mins
Cooking time: 60 mins
Difficulty: Easy
Suitable for Vegans and Vegetarians
Dairy free
Gluten free

Suitable for Vegans and Vegetarians
Dairy free
Gluten free
ROASTED CORNISH NEW POTATO SALAD

Method:
1. Preheat the oven to 220°C (200°C fan).
2. Wash and dry the potatoes. Place into a baking tray and drizzle with a little olive oil. Toss the potatoes in the oil so they’re all coated. Lay a few sprigs of rosemary on top. Split the garlic into individual cloves and crush to break them open slightly. Nestle the garlic cloves in between the potatoes. Season with salt.
3. Roast the potatoes for 40-45 minutes until soft in the centre. Turn the potatoes halfway through your cooking time to ensure they cook evenly. Adding the garlic to the potatoes while they’re roasting adds a lovely subtle flavouring, but if you’d like a stronger taste then remove the cooked garlic from its skin after roasting and blend it into the mayonnaise before adding it to the salad.
4. While the potatoes are roasting, prepare the mayonnaise. Put your egg yolks into a bowl or jug and blend using a hand blender. Mayonnaise is easiest made with a hand blender. However you can also use a mixer with a whisk attachment on its highest speed setting.
5. Gradually add the oils, no more than 2 tsp at a time. Blend in each addition before adding more. The secret to getting mayonnaise with a nice thick texture is to add the oil gradually and ensure that each addition is fully combined before adding more. If the oil is added too quickly the mayonnaise will not thicken. Your mayonnaise will start by looking thin and yellow and as you add more oil it will thicken and its colour will become paler.
6. Once the mayonnaise has thickened, mix in the white wine vinegar/apple cider vinegar. Take 4 tbsp to use in the potato salad and store the rest in the fridge for another time. Alternatively you could use a jar of good quality ready-made mayonnaise.
7. Once the potatoes are cooked, remove them from the oven and leave to cool. Remove the potatoes from the tray, leaving behind the garlic and rosemary, and chop each potato into bite-sized pieces. Place them into a large bowl.
8. Thinly slice your spring onions (you should use both the white and green bits for this salad) and finely chop the chives. Add them to the potatoes.
9. Add the mayonnaise, lemon juice, and mustard. Season with salt to taste. Mix thoroughly and serve.

Ingredients:
- 1kg Cornish New Potatoes
- 1 small bulb garlic
- A few sprigs of rosemary
- Olive oil
- 4 tbsp mayonnaise*
- ¼ tsp lemon juice
- ¼ tsp English mustard powder
- 4 spring onions
- A small handful fresh chives
- Sea salt

*To make your own mayonnaise:
- 3 egg yolks
- 125ml rapeseed oil
- 125ml vegetable oil
- 1 tsp white wine or apple cider vinegar

Serve with: This salad is perfect as a side dish for a summer BBQ or for taking on a picnic. If you have any left over then it’s great the next day mixed with some cooked salmon fillet and salad leaves as a light lunch.

Serves: 6-8
Prep time: 15 mins
Cooking time: 45 mins
Difficulty: Easy (moderate if you make your own mayonnaise)
Suitable for Vegetarians
Dairy free

ABOUT OUR BLOGGER
Charlotte’s Lively Kitchen
Food blogger Charlotte Oates loves cooking and Charlotte’s Lively Kitchen is the place she keeps all her recipes so she can make them again and again, as well as sharing them with everyone else to enjoy too. Charlotte loves healthy dinners and indulgent treats.
MINI SPANISH OMELETTES WITH CORNISH NEW POTATOES

Method:
1. Preheat the oven to 180°C (160°C fan). Brush a 12 hole muffin tin generously with 1 tbsp of the olive oil and set to one side.
2. Wash the potatoes. Boil potatoes whole for 10 minutes until almost cooked through. Drain and leave to cool.
3. Meanwhile, peel and finely slice the red onion and peel and finely chop the chorizo sausage. Once the potatoes are cool enough to handle, slice into rounds.
4. Heat the remaining oil in a large frying pan and fry the onion and chorizo for a few minutes until the onion is soft. Add the potatoes and fry for another 2 minutes, gently stirring until the potatoes start to colour. Divide the potato mixture between the 12 holes of the muffin tin.
5. Break the eggs into a jug or bowl and beat, then pour over the potato mixture in the muffin tins, dividing equally between the 12 holes.
6. Bake in the preheated oven for around 20 minutes until puffed up and golden.
7. Leave to cool in the tin for a few minutes before serving warm with a leafy salad. Alternatively, cool completely and store in the fridge for snacks or to pack in lunch boxes.

Serve with: A big leafy salad on the side, or as part of a packed lunch or picnic. If packing in a lunch box I’d pack with raw veggie sticks (eg a selection from carrot, cucumber, peppers, sugar snap peas, cherry tomatoes) and fruit.

Ingredients:
- 2 tbsp olive oil
- 300g Cornish New Potatoes
- 1 small red onion (approx. 100g)
- 75g chorizo sausage
- 6 large eggs

Special equipment:
- 12 hole muffin tin

ABOUT OUR BLOGGER
Eats Amazing
Grace Hall blogs at Eats Amazing, a family food blog that’s all about creating healthy, nutritious food with a fun twist. She found her passion in the subject of children’s food and now works around the clock juggling creative cookery and blogging with full-time parenting! She lives in Hampshire with her husband, 2 boys and a very large collection of kitchen gadgets.

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Method:
1. Preheat the oven to 190°C (170°C fan). Lightly grease a 9-inch springform cake tin or pie dish. Lay the sheet of pastry over the top of the tin, and gently ease it down into the corners. Don’t worry if you end up with a few small tears - just patch them up with more pastry. Allow the pastry to rise up the side of the tin by about 2-3 inches, and cut away any excess. Prick the base of the pastry a few times with a fork, and blind bake for around 20 minutes, until just golden in colour.
2. While the pastry is baking, add the red lentils to a saucepan with plenty of water or vegetable stock. Boil for around 15 minutes, until tender, then drain.
3. Add the cooked lentils to a large mixing bowl, along with the grated carrot, frozen peas and frozen sweetcorn (you can defrost your frozen vegetables first if you prefer - I add mine frozen). Also add the dried thyme or oregano, Dijon mustard, and plenty of black pepper, and mix well to combine.
4. Add the egg and most of the grated cheddar to the bowl (just hold back a little cheese for topping), and mix again thoroughly.
5. When the pastry is starting to turn golden, remove it from the oven. If it has puffed up at all, just press it back down with the back of a spoon. Add the cheesy lentil mixture to the pie base, and top with the thinly sliced Cornish New Potatoes. Finish with the last of the grated cheese and a bit more black pepper, and return to the oven for a further 30-40 minutes, until firm and golden brown.

Serve with: This cheesy potato and lentil pie is great served for lunch with a green salad, or as part of a Sunday dinner, with roasted veggies and gravy.

Ingredients:
- 300g ready-rolled shortcrust pastry (enough to line a 9-inch round tin or dish)
- 130g dried red lentils
- Vegetable stock or water, for boiling
- 2 medium carrots, grated
- 50g frozen peas
- 60g frozen sweetcorn kernels
- 1/2 tsp dried thyme or oregano
- 1 tsp Dijon mustard
- Black pepper
- 1 egg
- 125g cheddar cheese, grated
- 3-4 Cornish New Potatoes, thinly sliced

Special equipment:
- 9-inch round springform cake tin or pie dish

ABOUT OUR BLOGGER
Amuse Your Bouche
Becca Heyes is a full-time blogger and freelance recipe developer who lives in Hertfordshire with her husband and tiny dog Pip. She shares simple vegetarian recipes over at Amuse Your Bouche, which has been named as one of the UK’s Top 10 food blogs for several years running. She aims to show that vegetarian food can be just as straightforward and satisfying as anything else!

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**AMERICAN STYLE CORNISH NEW POTATO SALAD**

**Ingredients:**
- 1kg Cornish New Potatoes
- 5 eggs
- 3 tbsp gherkins, chopped
- 4 rashers cooked streaky bacon, chopped
- Handful of fresh chives, finely chopped
- 250g mayonnaise
- Salt and pepper
- Squeeze of fresh lemon juice (optional)

**Method:**
1. Wash the potatoes then gently boil them in salted water for around 15 minutes until tender. Drain well and leave to cool.
2. Whilst your potatoes are cooking, boil the eggs. Place in a saucepan and cover with cold water, bring the water to a gentle boil and cook for approximately 9 minutes.
3. Once the eggs are cooked plunge them into cold water, drain and repeat with more cold water. This will prevent the eggs from overcooking. Once cooled, peel your eggs and chop.
4. Slice the cooled potatoes and combine with the hard boiled eggs, cooked bacon, chopped gherkins, mayonnaise and mix thoroughly. For an extra freshness, squeeze a little lemon juice into the mixture. Add fresh chopped chives and season with salt and pepper.
5. Keep chilled until serving.

**ABOUT OUR BLOGGER**

**Gluten Free Cuppa Tea**

Becky Excell is a gluten free, dairy free, low FODMAP food blogger based in London. She shares recipes on her blog Gluten Free Cuppa Tea and vlogs her everyday life on her YouTube channel.
MIDDLE EASTERN JEWELLED CORNISH NEW POTATO SALAD WITH A TAHINI DRESSING

Method:
1. Wash the potatoes then steam or gently simmer them for about 20 minutes until cooked. Drain and allow to cool. I far prefer New potatoes steamed as it enhances the flavour, but either cooking method will work.
2. Whisk the tahini, lemon juice and olive oil together in a mixing bowl. Add the soy sauce and drizzle in some of the water. Mix, and add more water until the sauce is the consistency of single cream. Season to taste with salt and pepper.
3. Finely chop the coriander, reserving some of the leaves for garnishing, and stir into the sauce with the lemon zest.
4. Once the potatoes have cooled, cut into 1cm thick slices, and gently fold a few at a time into the sauce until they are coated.
5. Serve on a bed of salad leaves and scatter the reserved coriander leaves and pomegranate seeds on top. You could also scale the ingredients up or down according to how many you are catering for. Any leftovers will keep in the fridge for a couple of days.

Serve with: Grilled/ barbecued lamb or sausages.

Ingredients:
- 500g Cornish New Potatoes
- For the sauce:
  - 1 heaped tbsp / 45g tahini
  - ½ lemon – juiced and zested
  - 1 tsp olive oil
  - 1 tsp soy sauce
  - 1 tbsp water
  - 1 small bunch coriander
  - 2 tbsp pomegranate seeds
  - Salt and pepper

To serve:
- Salad leaves

ABOUT OUR BLOGGER
Fuss Free Flavours
Helen Best-Shaw is a freelance food writer, photographer and recipe developer based in West London. On her blog, she creates and shares simple recipes for delicious food you want to eat that is also achievable and affordable.
SPANISH STYLE CHICKEN
WITH CORNISH NEW POTATOES

Method:
1. Preheat the oven to 180°C (160°C fan).
2. Mix the olive oil, sea salt, freshly ground pepper, cumin seeds, oregano, smoked paprika and garlic together in a small bowl.
3. Wash the potatoes. Place everything into a large baking tray. To ensure an even cook, you could also spread across two if it becomes too crowded.
4. Pour the olive oil mixture over the ingredients and thoroughly coat everything, turning once or twice, using your hands.
5. Bake in the oven for about 45 minutes or until the chicken is cooked through.

Ingredients:
- 1 tbsp olive oil
- 1 tsp sea salt
- 1 tsp freshly ground black pepper
- 1 tsp cumin seeds
- 2 tsp dried oregano
- 2 tsp smoked paprika
- 4 cloves of garlic, peeled and crushed
- 8 chicken thighs
- 1 large onion, cut into wedges
- 3 peppers, seeded and cut into wedges (I like to use a mixture of colours)
- 100g chorizo (a ring sliced up works better than the very thin slices)
- 500g Cornish New Potatoes
- 6 large tomatoes, quartered
- 100g pitted black olives, drained

ABOUT OUR BLOGGER
Taming Twins
Sarah Barnes is a blogger and vlogger, sharing tales from the frontline of parenting young school children. She shares family travel adventures and quick and easy meals and treats for busy lives.

Serves: 4  Prep time: 10 mins  Cooking time: 45 mins  Difficulty: Moderate  Dairy free  Gluten free

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PESTO PARMESAN CORNISH NEW POTATOES

Method:

1. To make the homemade pesto, gently toast the pine nuts in a pan until golden then add to a food processor with the rest of the ingredients and blend until smooth. This makes around 240ml of pesto, so just use 3 tbsp for the potatoes and store the remainder of the mixture in an air tight container for up to 5 days. Alternatively, you could use a jar of good quality pesto instead.

2. Preheat the oven to 200°C (180°C fan). Wash and dry the potatoes and cut any large ones in half. In a bowl, mix the potatoes and pesto and add to a lightly oiled baking tray. Place in the oven for 25 minutes.

3. Take the potatoes out of the oven and sprinkle over the parmesan, salt and pepper and put back in the oven for 15 minutes until golden in colour.

Serve with: Grilled chicken breast and a large green salad.

ABOUT OUR BLOGGER

Hungry Healthy Happy

Dannii Martin writes Hungry Healthy Happy with her husband Dave. It’s one of the UK’s most popular food and lifestyle blogs.

Ingredients:

- 700g Cornish New Potatoes
- 3 tbsp pesto*
- 30g parmesan, grated

*To make your own pesto:

- 150ml olive oil
- 50g pine nuts
- 70g basil
- 40g Italian hard cheese
- 2 garlic cloves
- Zest of half a lemon

Serves: 4

Prep time: 15 mins

Cooking time: 40 mins

Difficulty: Easy

Suitable for Vegetarians

Gluten free

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BRITISH BREAKFAST TRAY BAKE WITH CORNISH NEW POTATOES

Serves: 3/4  Prep time: 5 mins  Cooking time: 35 mins  Difficulty: Easy  Dairy free

Ingredients:
- 300g Cornish New Potatoes
- Sea salt
- 1 tbsp olive oil
- 4 sausages
- 4 rashers of bacon
- 200g tomatoes on the vine
- 100g asparagus
- 6 open mushrooms
- 4 eggs

For the sauce:
- Black pepper
- 2 sprigs parsley, chopped

Method:
1. Preheat the oven to 200°C (fan 180°C).
2. Give the potatoes a wash and cut into halves or quarters. Simmer gently in salted water for 7-8 minutes until slightly tender and drain.
3. Lightly oil an ovenproof dish, place the sausages and the potatoes in the dish and cook for 10 minutes until browned.
4. Shake the sausages and potatoes and add the bacon, tomatoes, asparagus and mushrooms. Bake for a further 10 minutes until cooked.
5. Shake the dish again and break in the eggs. Cover with foil and return to the oven for 6-8 minutes or until the eggs are set.
6. Sprinkle with black pepper and parsley and serve.

RECIPE CREATED BY BRANSTON & SEASONAL SPUDS

Our New Product Development team love coming up with new ways of cooking potatoes! We’re passionate about potatoes. Whether they’re roasted, sautéed, mashed, fried or boiled - potatoes have been a staple in British kitchens for centuries. Our Cornish New Potato recipes have been tried, tested and tasted by talented chefs at Branston for you to enjoy at home.

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CHERMOULA FISH AND CORNISH NEW POTATO TAGINE

Method:
1. To make the Chermoula paste: mix garlic puree in a dish and stir in the cumin seeds, chilli puree, lemon juice, oil and chopped coriander.
2. Marinade the fish in half the Chermoula paste and leave to stand in the fridge while you cook the rest of the dish.
3. Meanwhile, mix the potatoes, tomatoes and olives in a heavy based pan. Add the stock, season, cover and cook gently on the hob for 40 minutes.
4. Add the fish and cook for a further 15 minutes. Drizzle over the rest of the Chermoula paste and serve.

Ingredients:
- 600g white fish (cut into 8 pieces)
- 600g Cornish New Potatoes
- 250g cherry tomatoes
- 20 black olives
- 100ml vegetable stock (hot)

For the Chermoula paste
- 2 tsp garlic puree
- 2 tsp cumin seeds
- 1 tbsp chilli puree
- Juice of a lemon
- 2 tbsp olive oil
- Small bunch fresh coriander, chopped

Serves: 4
Prep time: 15 mins
Cooking time: 55 mins
Difficulty: Moderate
Dairy free
Gluten free

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CORNISH MACKEREL AND POTATO BAKE

Method:
1. Preheat the oven to 200°C (fan 180°C). Give the potatoes a wash and then simmer them in salted water for 7 minutes and drain.
2. Meanwhile, fry the fish gently in a little olive oil, skin down, then place in a medium-sized baking dish. Fry the aubergine slices in the same pan, adding more oil if needed, allowing the fish flavours to soak into them.
3. Layer the fried aubergine slices on top of the fish. Slice the potatoes and layer on top of the aubergines.
4. Whisk all the ingredients for the sauce together and pour generously over the fish mixture. Scatter the breadcrumbs over the top and place in the oven.
5. Bake for 15–20 minutes or until the breadcrumbs have gone golden and crispy.
6. Sprinkle with fresh parsley and serve with wedges of lemon and your choice of green veg or salad.

Ingredients:
- 4 Cornish mackerel fillets
- 1 large aubergine, thinly sliced
- 600g Cornish New Potatoes
- 100g breadcrumbs
- 2-3 tbsp olive oil
- Sea salt and black pepper

For the sauce
- 8 tbsp Cornish clotted cream
- 4 tsp English mustard
- 2 eggs, beaten
- 4 tbsp cheddar cheese, grated
- 2 tsp oregano
- 3 tbsp olive oil

To serve
- Handful of fresh parsley, chopped
- Wedges of fresh lemon
- Your choice of green veg or salad

SERVES: 4  PREP TIME: 15 mins  COOKING TIME: 35 mins  DIFFICULTY: Moderate

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KALE, GOATS' CHEESE AND CORNISH NEW POTATO SALAD

Method:
1. Preheat the oven to 200°C (fan 180°C). Drizzle a little oil in to the roasting tin and put in the oven for a couple of minutes to get hot. Meanwhile, give the potatoes a wash before placing in the preheated roasting tin with the beetroot and return to the oven for 40-45 minutes.
2. Heat a little oil in a heavy-based frying pan. Stir fry the kale for 4 minutes and then add the peas and asparagus for a further 3-4 minutes. Grill the goats' cheese for 2-3 minutes on each side or until lightly browned.
3. Combine all the ingredients together, season and serve onto each plate. Place the grilled goats' cheese on top. Drizzle with balsamic glaze to serve.

Ingredients:
• 200g Cornish New Potatoes
• 200g kale
• 150g raw beetroot, peeled and quartered
• 4 round slices goats' cheese
• 120g asparagus
• 80g peas
• 2 tbsp olive oil
• Sea salt and black pepper

To serve
• Balsamic glaze

Serves: 4  Prep time: 5 mins  Cooking time: 45 mins  Difficulty: Easy  Suitable for Vegetarians  Gluten free
MUSSELS AND CORNISH NEW POTATO WEDGES

**Method:**
1. Preheat the oven to 200°C (fan 180°C). Give the potatoes a wash and then chop into small wedges, place in a shallow roasting tray and drizzle with oil, salt and pepper. Roast for 30-35 minutes.
2. Meanwhile in a large pan, add the butter and stir fry the shallots for 2-3 minutes, then add the parsley and white wine and simmer.
3. Once the mixture has reduced add the cream, stock, lemon juice and garlic puree and bring back to the boil. Then add the mussels and cook for 5 minutes or until they have opened. Remove any that have not opened. Season the sauce and serve, with wedges of lemon.

**Ingredients:**
- 750g Cornish New Potatoes
- 4 tbsp olive oil
- 1kg fresh mussels
- Sea salt and black pepper

For the sauce
- 100ml double cream
- 187ml white wine
- 200ml vegetable stock
- 4 shallots
- 4 tsp garlic puree
- 50g butter
- Juice of ½ a lemon
- 4 sprigs fresh parsley, chopped
- Sea salt and black pepper

**To serve**
- Wedges of lemon

**Serves:** 4  **Prep time:** 10 mins  **Cooking time:** 35 mins  **Difficulty:** Moderate  **Gluten free**

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Method:

1. Preheat oven to 200°C (fan 180°C). Put the coconut oil on a baking tray and place in the oven for a couple of minutes to melt. Gently wash the potatoes, slice into strips and lay flat on the baking tray, sprinkle with 1 tsp turmeric and season. Roast for 5 minutes, whilst you drain and rinse the chickpeas.

2. Place the chickpeas in a bowl and add paprika, stirring to coat them evenly. Put the chickpeas on the other half of the baking tray and place in the oven to roast with the potatoes for a further 25 minutes.

3. Add 1 tsp of turmeric and some salt and pepper to the quinoa and mix well. Wash the kale, chop and drizzle with olive oil. Put it in bowl along with sliced avocado, and radishes and then the quinoa, chickpeas and potatoes. Sprinkle with sesame seeds to serve.