

FRIED PUFF POTATOES

Ingredients:

2 lb. potatoes
6 Tbsp. butter
3 eggs
1 tsp. salt
1/2 tsp. pepper

Puff Pastry

1 cup water
6 Tbsp. butter
1 pinch of salt
1 cup of flour
4 eggs

oil for frying

Boil the unpeeled potatoes in salted water (about 20 min. depending on their size). To prepare the puff pastry, bring the water and butter with a pinch of salt to a boil. Add the flour all at once and continue to stir over heat with a wooden spoon until the dough forms a single mass. Let cool a few minutes. Then add the 4 eggs, one by one, stirring constantly (1-2 min. between each egg). An electric mixer can be used. The more the eggs are beaten, the better the dough will rise.

Drain and peel the potatoes (check with a fork to see if they are tender). Mash them with the butter, and add the eggs, one by one, stirring well between each egg.

Combine the potatoes with the puff pastry. Salt and pepper to taste. Refrigerate one hour.¹ Drop the dough in little balls in hot oil and fry 6-8 min. They should be golden brown. Drain them on paper towel. Salt lightly. Serves 8.

ACTIVITIES

1. How many varieties of potato do you find in your supermarket? Search on-line to find the specific qualities of each variety of potato.
2. According to your research on potatoes, what climate is best for growing them?
3. What regions of the U.S. and France are known for producing potatoes?
4. How many types of oil do you find in your local supermarket? What fruits are they made from? From what countries or regions do they come?
5. In what forms have you eaten potatoes?

Notes

¹ The dough is more easily manipulated when it is cold. For best results, drop a teaspoonful of dough in a little flour. Roll between your hands to make a ball. Place the ball on a baking sheet that will then be placed in the freezer. The frozen *pommes dauphines* can be kept in a sealed container for several weeks. The frozen potato puffs can be put directly into the hot oil and keep their shape during cooking.