



## Potatoes

If you have a handful of sad-looking spuds left over in your kitchen, wait before throwing them out. Don't waste what is a key ingredient in many a meal - check out these two recipes and recycle those potatoes the right way.

### Potato Cakes

**Quick and easy, potato cakes can be enjoyed on their own for a breakfast or brunch, or served with a crisp green salad for lunch or dinner.**

To add to your two medium sized potatoes, you'll only need:

50g plain flour  
1 egg  
80g butter or oil  
Half a teaspoon each of salt and pepper

This is simple. Boil or steam the potatoes until they are soft and, once cooled, mash. Sift in the flour. Make a hole in the centre of the mixture and add the egg. Season with half a teaspoon of salt and pepper, and stir it all together thoroughly.

Form the mixture into burger-shaped patties, around 1-2cm thick, and shallow fry them in a pan or griddle, using your choice of either butter or oil - or dry-fry, if you prefer. Heat for around ten minutes one either side or until golden brown.

### Homemade Gnocchi

**Filling and satisfying, gnocchi is a classic Italian dish - part pasta, part potato. Serve with a plain tomato sauce, meaty ragu, green pesto, or with just a hint of butter and pepper. There is a little skill required in forming the gnocchi but this recipe only needs three ingredients.**

To add your potatoes, you'll only need:

250g plain flour  
1 egg

Boil or steam two medium-sized potatoes until soft enough to mash. Combine the mash with the flour and egg in a bowl and knead the mixture until dough is formed. Divide the dough into equal portions and shape into individual small dumplings.

One ready, add the gnocchi to a large pan of water (salted, if you prefer) and boil for around three minutes. Don't overcook. If the gnocchi rise to the top, they're done. Drain, serve and enjoy!