

Dauphinoise Potatoes



Thin slices of potato slow-cooked in the oven with cream and garlic.

Main Ingredients:

- 500g Floury Potatoes (e.g. Russet, King Edward, Maris Piper or Desiree)
- 150ml Milk
- 150ml Double Cream
- 15g Unsalted Butter: For Greasing Dish
- 1 Clove of Garlic
- 1 Sprig of Rosemary (optional)
- 1 Sprig of Thyme (optional)
- Pinch of Salt: School to provide
- Pinch of Pepper: School to provide

You will need a shallow ovenproof or foil dish. You also need a piece of tin foil to cover your dish during cooking and at the end of the lesson.

Additional Ingredients:

- 50g Cheddar Cheese
- 2 Slices of Bacon
- 2 Spring Onions
- 2 Mushrooms
- 1 Small Pepper
- 1 Small Onion
- ½ Swede

Method:

1. Preheat the oven to 200°C or Gas Mark 6.
2. Weigh and measure out all the ingredients accurately.
3. Prepare the ovenproof dish / foil container by rubbing the inside with butter.
4. Place the dish on a baking tray.
5. Finely crush / chop the garlic and lay this on the bottom of the ovenproof dish / foil container.
6. Finely chop the herbs if you have chosen to add these, you will use these when making the sauce.
7. Prepare any additional ingredients. If you are using bacon, onions, mushrooms or pepper, you may want to fry these and remove any excess fat / water. Once prepared / cooked, set these aside.
8. Wash and dry the potatoes.
9. Thinly slice the potatoes (the skin can be left on or peeled off, leaving the skin on increases the fibre content of the dish).
10. Put the double cream, milk, rosemary and thyme in a saucepan. Season with salt & pepper. Heat gently and bring to the boil. Then remove from the heat and place the saucepan on a pan-stand.
11. Place a layer of sliced potato in the bottom of your prepared dish. Lightly season the layer with salt and pepper. You may want to add a layer of your additional ingredients. Continue to layer with potato and additional ingredients and season until the dish is full.
12. Then pour the milk and cream mixture over the potatoes.
13. Cover the dish with a piece of tin foil; this is to stop the potatoes on the top burning.
14. Place the baking tray with the dish on it, into the oven for 40 minutes.
15. Check the potato is cooked by sticking a knife into the middle; the potato should be soft and offer no resistance.