

### Baked potato (The basics)



- **Materials:**
  - One potato (any size)
  - Butter or vegetable oil ( amount you choose)
  - Butter for serving (amount you choose)
  - Salt and black pepper
- **Directions:**
  - Preheat the oven to 360° F
  - Wash potato in lukewarm water, then dab it dry with a paper towel
  - Cut the potato with a knife from one end to the other, without slicing all the way threw it
  - Place the potato on to a cooking, and insert in the oven
  - Allow the it to bake for about 60 minutes or until pleased
  - Take out of the oven, allow it to cool down then add the butter, salt and or pepper according to your taste.

**French FRIES !**



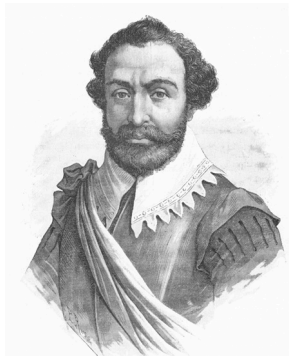
- Materials:
  - 8 potatoes (any size)
  - Knife
  - Salt and pepper
  - Butter and vegetable oil
  - Pot
  - Pan and paper towel (for fries)
- Directions:
  - Put a pot on the stove and fill it half-way with vegetable oil, then turn the stove on
  - Wash potatoes in lukewarm water, then dab it dry with a paper towel
  - Chop up the potatoes as you see fit
  - Test the oil in the pot by running your hand under cool water and flicking your fingers over the pot letting the water from your hand touch the oil, if the oil is ready it will bubble and if the oil is not it will do nothing, complete this step repeatedly until the oil is ready
  - When the oil is ready carefully put the potato slices into the hot pot
  - Allow to cook until the fry is as brown as you want it to be
  - As you take the fries out, put them in a pan with a paper towel under the fries to catch the extra oil
  - Allow to cool down, season as you wish and enjoy

Potatoes were brought from the Americas by the Spaniards and then back to New England by the Irish. The Portuguese were delivered potatoes from Africa, and with that they became familiar with them. In 1785-Antoine-Auguste Parmentier,

planted about an acres of potatoes on land giving to him by the king right in the city and had guards to protect his potatoes. After that potatoes became very popular in France. He became known for dishes with potatoes, he has influenced some of the chefs in the world today such as Charlie Trotter in Chicago and Daniel Boulud in New York.

1530's a small party of Spaniards went into an Inca Village in the Andes, what is now called Peru. The Spaniards came to the Andes in search of gold and instead they found all types of vegetables. They came across a distorted oblong white, yellow, blue, red, brown and purple shape. The Spaniards later found out this vegetable was the primary food along with that people believed this vegetables had special healing powers. Healing powers that were cured by raw slices fixing broken bones, eaten with other food to mend a stomach and also put against the head to cure any irritation. Besides that the Incas also carried slices of it around to prevent themselves from rheumatism in addition to that they rubbed it on their skin to cure skin diseases. The meaning of the vegetable was a fleshy underground stem or root, and they called it *papa*. Some of them were red inside they were called *weep blood* and the ones that were hard were called *knife breaker*. When the Spaniards tasted the vegetable they enjoyed the taste of it very much. The Inca learned how to grow and preserve the potatoes it was considered to be a freeze-dried food and it went by the name of *Chuno*.

The potato started to spread over the Atlantic when the Spaniards were shipping their finding from the Incas home they too many potatoes too, to feed the sailors. For about 250 many people believed that the potato first came to England, that belief was due to a Famous English gardener by the name of John Gerard.



In 1577 Sir Drake Francis sailed the globe and he stopped on an island off the coast of Chile where he was giving potatoes by the native people. England itself did not produce with any potatoes until the late 1700s. Queen Elizabeth I

About 45 billions of potatoes are harvested in the U.S. each year. Potatoes are very rich in carbohydrates and energy and they are full of vitamin C. They are also low in calories, completely fat free and a good source of protein, thiamin, niacin, vitamin B6 and iodine. In addition to that potatoes are also good for the bodies dietary fiber sweet potato is not a potato, 80% of the world's sweet potatoes are produced in China. In Spain potatoes were given to feed the poor.

They were also shipped to Italy as food for the lower classed people. Potatoes made their way all through Switzerland, Germany and France. No matter where the potatoes were placed or moved to they were given to those of less money, in other words only to feed the poor, especially in Ireland. The time after the famine some of the people from Ireland when to the U.S. where the potato amount were larger than they were normally used to. Potatoes were brought to Boston by the Irish immigrants. Potatoes were also considered as food for the slaves. Any frontier families that were heading to the West took the potatoes with them and started to plant them.

The Mormons sold the potatoes to the pioneers crossing the country and to the forty-

miners going to California in search of gold.

1860 potatoes were being sold in Franklin, Idaho, which helped set the stage for dominance as an American potato.

Potatoes were known as Irish potatoes because they were food for Irish immigrants and to also tell the difference between a potato with flesh of white inside, from the sweet potato with flesh of orange inside.

The reason why the origin between the sweet potato and white potato was conflicted was due to the misconception of theory that the white potato originated from Virginia because John Gerard a herbalist referred to the sweet potatoes as "potatoes of Virginia." India and China were introduced to the potato by French missionaries. A very good food to make for any time of the year. As long as you have a sprout of the vegetable, it can be planted and become a crop for the next season. Potatoes were only related to the poor because they were considered tasteless by a wide range of people even the French.

Antoine-Auguste Parmentier



A vocal promoter of potatoes as a food source for humans in France and through Europe, made a great deal of potato influenced dishes. Parmentier was fed only potatoes while he was in a German prison during seven years of war that began in 1756 and of course survived. When he returned to France he was strongly in belief that the potato was something miraculous. He set out to prove and succeeded in showing people that potatoes can be cultivated. With that Parmentier showed King, Louis XVI a bouquet of potato flowers. This led to a potato fad they were painted on the royal dinner service, and plants as ornamentals in the Tuileries garden, a garden that located Paris.

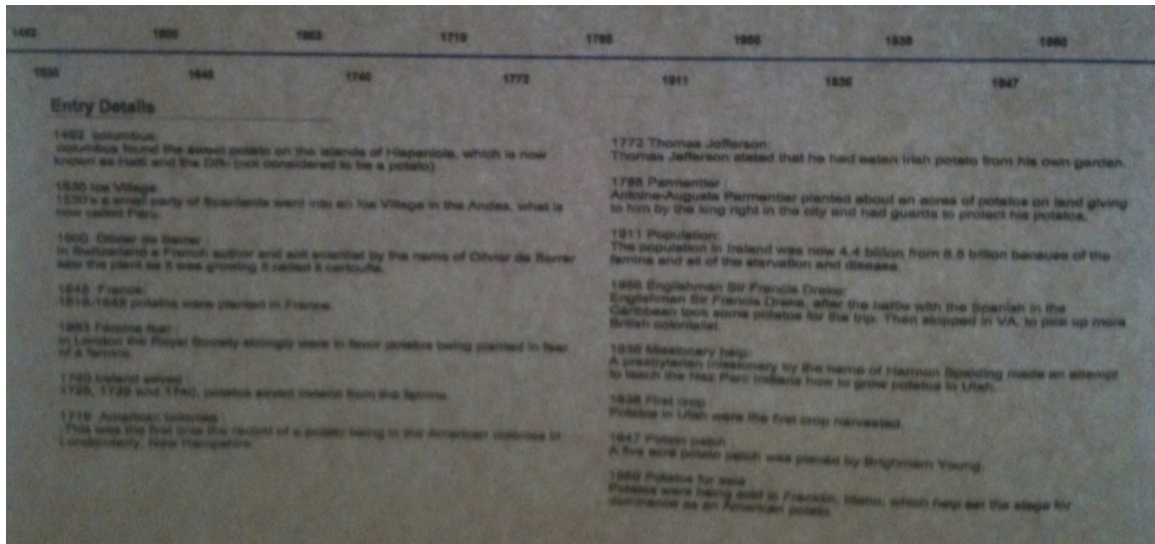
Eventually the French started to eat potatoes because they like them and not because they were trying to end

starvation. The English were mainly meat eaters and they thought of any vegetables for the

ships with their fish. After the Industrial Revolution all of the works left the rural areas and poor only it took the began moving into the slums. The workers could no longer rely on their little garden, and there became a quick decline in home bread baking. The potato then became their safety net to stay away from starvation. Potatoes can be grown on any small places near the cities. Now the Irish are known as EU

Many people do not know but the potato has had a larger influence on life and the way things are done. Just think about it back then the potato was given to people who were thought of as poor and not having much access to things. But now those who are way beyond poor or barely meeting the criteria add the potato to their diet.

\*Timeline (is seen better when printed out)



## The FAMINE of 1845

The famine changed a lot when it was in action, first started with the population of the people in Ireland. Mainly because most people were apart of a larger family and if you have a large family you need a large amount of food to feed that family, food of which nobody had easy access to.

During this time if you lived in Ireland, potatoes was the main diet of the land that people tend to gravitate to, just like people do French fries today. The only problem was the potato was extremely sensitive to disease and there was no way of fixing the crop if it became virus. The people of Ireland expected to harvest their crops as they always did. As long as the weather was right and the crops were being taken care of nothing could go wrong, right? Wrong. Expect the unexpected. Things went wrong and as a result they lost about 50% of their potatoes during that year so they were only able to grow what they needed for the time being; not being able to have any extra for times of trouble. For Ireland that was horrid, the problem only got worse for a while. In their time of trouble Ireland did not get any help from their government because it had undergone from famines before and it would know what to do at the time. But the government saw that this crisis was going nowhere they gave Ireland €100,000 worth of corn but by 1846 more than €3,000,000 worth of potatoes were gone.

It was believed if corn was entered into the Irish market that it would keep the price down for food. The only problem was many people became seriously ill trying to eat corn because they were so used to potatoes. As a result the government tried to help in many other ways, one way that helped the most is the medical treatment they made for the people who could not afford it.

Sadly Ireland lost about 25% of its total population. The majority of the people died of hunger or diseases. When The Irish tried to settle in places around them they were not welcomed because they were known to not have as much money as everyone else. Many of the families moved to America, where they say a better chance at life.



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