

## Gourmet Potato Types



**Russian Banana** - The superstar of fingerlings and a favorite among chefs, heralded for their excellent flavor and versatility. Yellow, banana-shaped, waxy-type tubers with firm texture are great baked, boiled or steamed.



**French Fingerling** - A gourmet quality fingerling with satin purple-pink skin and yellow flesh with an interior ring of pink when cut across. Produces good-quality, medium sized tubers, which are a great addition to any plate.



**Rose Finn Apple** - Truly the classic European fingerling with its slender shape, rose-colored skin, smooth, firm, yellow flesh, waxy, moist consistent texture and distinct eyes. This savory delight is flavored as a puree to thicken soups, sauces and gravies but also makes a delectable roasting potato.



**Purple Peruvian** - This heirloom variety has beautiful purple skin, bluish, lavender flesh and earthy flavor. Long cooking will diminish the color. The intense color is preserved best by microwaving; however, steaming and baking are also excellent preparation methods.



**Purple Majesty** - Oval shape with blue skin and flesh. The flavor is mild and floury. Best method of cooking is to sauté, which keeps the color. They also lend an interesting color to mashed potatoes or potato salads.



**Yukon Gold** - This is a specialist potato. Very attractive, bold, yellow baking and frying variety, which stands out visually from other varieties. Great buttery flavor and floury flesh. These potatoes have a moist, almost succulent texture and make excellent mashed potatoes.

## Potatoes for Your Health

Research shows foods rich in potassium and low in sodium, such as potatoes, may reduce the risk of high blood pressure and stroke.

With only 100 calories per serving, potatoes are naturally fat free, cholesterol free, and contain no sodium. They also provide dietary fiber, vitamin C, potassium and other key nutrients.

Eating potatoes with skins on, like fingerlings, is an excellent choice for fiber as well. Fiber promotes good digestion and helps manage your body weight, plus it may help decrease your risk of colon cancer and heart disease.

The natural carbohydrates that potatoes provide are used more efficiently by the body than processed or refined carbohydrates making them nature's natural diet food.

## Gourmet Potato Storage Tips

Store potatoes in a cool, humid (but not wet) dark place with good ventilation.

Don't refrigerate them--doing so converts some of the potato's starch to sugar.

Don't wash potatoes before storing; it speeds up development of decay.

Don't expose them to direct sunlight, which turns them green and makes them bitter.

Scrape away sprouts or green spots.

Do not store potatoes in plastic bags. Lack of air movement reduces storage life.

## About Our Family Farm

Strohauer Farms is a third generation family farm located in Northern Colorado. Our farm is comprised of approximately 3,200 acres of corn, wheat, and various vegetables including our favorite Rocky Mountain Gourmet Potatoes. Many dedicated employees, who have been working for our family for a number of years, make our operation as successful as it is today.

Our family is dedicated to being good stewards of the land and is committed to producing the highest quality of produce possible for our customers. Thank you for giving Strohauer Farms the opportunity to be a part of your family's meals.

# Our Family to Yours

Rocky Mountain Gourmet Potatoes



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Why choose fingerling potatoes? Strohauer Farm's fingerling potatoes are smaller in size, which makes them convenient, flavorful and versatile. Fingerlings bake quickly and are a great addition to virtually any meal. They can be baked, roasted, grilled, steamed, sautéed, boiled, fried or mashed and offer outstanding flavor and color to your favorite meal.

### Tasty Baked Fingerling Potatoes

- 1-1/2 pounds Rocky Mountain Gourmet Fingerling Potatoes
- 2 tablespoons olive oil
- 1 teaspoon seasoning salt or garlic salt

Preheat oven to 400 degrees. Toss potatoes with oil and salt in medium bowl. Spread potatoes in single layer on baking sheet. Bake 30 to 40 minutes, stirring several times, or until lightly crisp outside and tender inside. Serve with your favorite dipping sauces. Makes 4 servings.  
Recipe courtesy of the U.S. Potato Board.

### Warm Fingerling Potato Salad

- 1 pound Rocky Mountain Gourmet Fingerling Potatoes, halved
- 1 cup fresh green beans, cut into 2-inch pieces
- 1/4 teaspoon salt
- 3 tablespoons olive oil
- 1 shallot, chopped
- 2 tablespoons red wine vinegar
- 2 tablespoons fresh parsley
- 2 teaspoons Dijon-style mustard
- 1 teaspoon fresh rosemary
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper
- 1/4 cup green olives, pitted and halved

For Potatoes: place potatoes in 1-1/2 quart microwave-safe casserole dish. Top with green beans. Sprinkle with 1/4 teaspoon salt. Cover and cook on high for 7 to 9 minutes or until potatoes are tender, stirring once. Drain mixture.

For Vinaigrette: in screw-top container, combine remaining ingredients except olives. Cover and shake well.

In a bowl, combine potato mixture, vinaigrette and olives; toss gently to coat. Transfer salad to serving bowl. Serve immediately or chill and serve. Makes 4 servings.

Recipe courtesy of the U.S. Potato Board.

### Parmesan-Crusted Petite Gourmets

- 2 tablespoons olive oil
- 8 Rocky Mountain Gourmet Fingerling Potatoes, cut in half lengthwise
- 1 cup Parmesan cheese, grated
- 1/2 cup Italian style bread crumbs
- 3 tablespoons lemon juice

Preheat oven to 350 degrees. Pour oil into 15 x 10-inch baking pan, tilting to coat bottom with oil. Heat in oven 5 minutes. Arrange potatoes, cut side down in hot pan. Bake 15 minutes. Remove from oven; cool slightly.

In bowl, combine remaining ingredients; mix well. Turn potatoes over; spoon 1 tablespoon cheese mixture onto each potato half. Bake an additional 15 minutes or until cheese is lightly browned and potatoes are tender. Makes 4 servings.

Recipe courtesy of the U.S. Potato Board.

### Oven Roasted Gourmet Potatoes

- 1-1/3 pounds Rocky Mountain Gourmet Fingerling Potatoes
- 2 tablespoons olive oil
- 2 tablespoons fresh rosemary, chopped
- 4 garlic cloves, minced
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 medium red bell pepper, cut into 1-inch squares

Preheat oven to 475 degrees. Cut potatoes into 1-1/2 inch cubes. Add remaining ingredients, except bell pepper, onto baking sheet with sides; mix to blend. Add potatoes and bell pepper. Toss to coat. Arrange in single layer. Bake 30 to 35 minutes until potatoes are tender and lightly browned, tossing two or three times during baking. Makes 4 servings.

Recipe and photo courtesy of the U.S. Potato Board.



### Purple Majesty French Fries

- 2 pounds Rocky Mountain Gourmet Purple Majesty Potatoes
- Olive oil
- Coarse salt
- Black pepper
- Red chile, ground (optional)

Preheat oven to 400 degrees. Slice unpeeled potatoes into 1/4-inch lengthwise strips. Soak potato strips in ice water for about 45 minutes. Drain and dry well.

Toss potatoes with olive oil; salt and pepper to taste. Sprinkle with ground red chile pepper prior to baking if desired. Place in a single layer on a baking sheet and bake until golden, about 20 minutes. Turn strips and bake an additional 15 minutes or until golden. Makes 4 servings.

### Zesty Chicken with Purple Mashed Potatoes

- 2 pounds Rocky Mountain Gourmet Purple Majesty Potatoes, peeled and quartered
- 1/2 cup low-fat milk, warmed
- 4 boneless chicken breast halves
- 2 teaspoons Cajun blackening spice
- Salt, to taste
- Black pepper, to taste
- 1/4 cup olive oil
- 2 roasted red peppers, diced into 1/2-inch pieces
- 2 medium tomatoes, seeded and chopped
- 2 teaspoons fresh basil, chopped
- 2 teaspoons green onion, chopped

For Potatoes: place potatoes in saucepan; add enough cold water to cover. Bring to a simmer and cook until tender, about 15 minutes. Drain well; mash with a potato masher. Add milk and season to taste.

For Chicken: while potatoes are cooking, season chicken breasts with Cajun spice, salt and pepper. Heat olive oil in a skillet and brown chicken on both sides. Add red pepper, tomatoes, basil and green onion to skillet. Cover and cook over medium-low heat until chicken breasts are cooked through, about 20 minutes.

Spoon a quarter of the mashed potatoes on each plate, place a chicken breast on top and spoon vegetables over top. Makes 4 servings.

Recipe courtesy of the U.S. Potato Board.

### Pesto-Scented Fingerlings

- 8 Rocky Mountain Gourmet French Fingerling Potatoes
- 2 tablespoons prepared basil pesto
- 2 garlic cloves, minced

Preheat oven to 425 degrees. Quarter potatoes; toss with pesto and garlic to coat. Place on nonstick baking sheet. Bake 15 to 25 minutes or until golden brown and tender. Makes 4 servings.

Recipe courtesy of the U.S. Potato Board.

### Tempting Potato Salad

- 1 pound Rocky Mountain Gourmet Banana Fingerling Potatoes
- 1 pound Rocky Mountain Gourmet French Fingerling Potatoes
- 12 ounces Rocky Mountain Gourmet Purple Majesty Potatoes
- 3 tablespoons olive oil, divided
- 2 ounces ham, chopped
- 1/3 cup walnuts, chopped
- 8 garlic cloves, minced
- 3 tablespoons sherry or white balsamic vinegar
- 1 cup red or orange bell pepper, finely chopped
- 4 green onions, chopped
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

Cut potatoes into 1-1/2 inch pieces (do not peel). Steam for 25 minutes or until potatoes are tender.

Heat 1 tablespoon oil in medium skillet. Add ham, walnuts and garlic. Sauté 10 minutes. Add sherry and stir well. In large bowl, toss ham mixture with potatoes, additional 2 tablespoons of oil, bell pepper, green onions, salt and pepper. Serve warm or cold. Makes 8 servings.

Recipe and photo courtesy of the U.S. Potato Board.

