

British Roast Potatoes

No traditional British roast dinner is complete without Yorkshire pudding and potatoes roasted in beef fat! I first learned this recipe at Arowhon in 1986, and took it with me around the world! When I started these demonstrations my eldest son, Jacob, asked me why don't I demonstrate something useful that he can make, like Yorkshire pudding and roast potatoes?
David Cooke



Serves 2

Ingredients:

2 Russet potatoes, peeled and washed
400 mL Beef or Duck fat
1 T coarse Salt
1 T rosemary, chopped fine

METHOD:

- Cut potatoes into 3 or 4 pieces, approx. 5 cm diameter.
- Round off any edges so that the potatoes will roll in the pan — these should be 50 gm each.
- Remove eyes with hand peeler
- Steam or simmer for 10 minutes. Drain, and toss potatoes in the colander to “rough up” surface, this will make a crispier roast. When potatoes stop steaming, refrigerate.
- In a roasting pan, pre-heat fat until 300 °F, add potatoes
- Do not crowd potatoes — leave room for rolling. Start browning potatoes on stovetop, and move to oven once started.
- Sprinkle with coarse salt
- Roast in regular oven at 350 °F for 35 minutes (without fan), gently shaking pan every 10 minutes, until cooked golden with a brown crisp on the outside and fluffy inside.
- Remove from pan to drain, add rosemary and gently mix to coat potatoes.
- Keep warm in low oven
- Taste and check seasoning.

Serve immediately:

When serving with Yorkshire pudding, serve 1 potato (1 3/4 oz)
Regular serving is 2 x 1 3/4 oz