

# Pascale's Perfect Roasted Potatoes

From Chocolate & Zucchini blog

[http://chocolateandzucchini.com/archives/2010/01/perfect\\_roasted\\_potatoes.php](http://chocolateandzucchini.com/archives/2010/01/perfect_roasted_potatoes.php)



2 pounds potatoes, waxy or floury type

2 tablespoons vegetable oil, or duck fat

Sea salt to taste, and use ample of it

Carolyn T's Blog - Tasting Spoons:  
<http://tastingspoons.com>

## Servings: 4

1. Preheat the oven to 210°C (410°F).
2. If your potatoes are smooth-skinned, scrub them well and peel them in alternative stripes so that strips of skin remain. If, on the other hand, the skin of your potatoes is rugged and grainy, peel it off completely (no need to scrub) then rinse the potatoes well in cold water.
3. Cut the potatoes into even chunks, about the size of a bite. Place them in a saucepan large enough to accommodate them, cover with cold water, and add a teaspoon coarse salt. Set over high heat, cover, bring to a low boil, then lower the heat to medium and cook for 5 minutes.
4. As soon as the water boils, pour the oil into a rimmed baking sheet, and place the sheet in the oven, so the oil and baking sheet will heat up.
5. After the 5 minutes of boiling, drain the potatoes -- they will not be cooked at that point -- and return them to the saucepan. Place a lid on the saucepan. Holding the lid firmly shut with both hands (the saucepan will be hot, so wear oven mitts or use dish towels), shake the saucepan vigorously for a few seconds, until the surface of the potato chunks is fuzzy; this will help the formation of a crust.
6. Remove the baking sheet from the oven, pour the potatoes onto the sheet, sprinkle liberally with sea salt, and stir well to coat with the fat.
7. Return to the oven and bake for 25 to 30 minutes, flipping the potatoes halfway through, until cooked through (when you insert the tip of a knife in one of the pieces, it should meet no resistance), crusty, and golden. If you want a little more color on them, you can switch to grill mode for the final few minutes. Serve immediately.

---

Per Serving (excluding unknown items): 240 Calories; 7g Fat (25.8% calories from fat); 5g Protein; 41g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 14mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1 1/2 Fat.