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**R E C I P E**

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# Potato Salad

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Preparation Time: 20 minutes  
Cooking Time: 15 minutes  
Total Lesson Time: 60 minutes  
Recipe Level: Advanced

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**Background**

Students will make two different types of potato salad in this recipe. One will have mayonnaise, while the other will have olive oil. This is an opportunity for students to make predictions about which type of potato salad they will like most. Students can compare taste, smell, texture, and appearance.

The best potatoes for potato salad are waxy yellow fleshed varieties such as Yellow Finn, Yukon Gold, fingerlings, or small Reds. Fingerlings get their name from their fat fingerlike shape. If you choose Russet or any of the more starchy potatoes, be aware that they tend to lose their shape and fall apart in the salad.

**Objectives**

*Students will be able to:*

Understand that a potato is a tuber or swollen stem that grows underground.

Compare the taste, smell, texture, and appearance of two different potato salad recipes.

**Ingredients**

*For a class of 20:*

4<sup>1</sup>/<sub>2</sub> pounds potatoes  
(use waxy boiling potatoes,  
not starchy baking potatoes)  
<sup>3</sup>/<sub>4</sub> cup cider vinegar  
or rice vinegar  
2 tablespoons salt  
1 tablespoon pepper  
<sup>3</sup>/<sub>4</sub> cup olive oil  
1 cup mayonnaise  
3 small red onions  
6 eggs  
1 bunch chives  
1 bunch parsley

**Materials**

*For the class:*

hot plate  
measuring spoons and cups  
colander  
slotted spoon  
2 large mixing bowls  
large pot

*For each group of 4:*

2 cutting boards  
2 knives  
4 napkins  
4 plates  
4 forks  
journals

**Preparation**

1. Have students wash their hands. Discuss proper methods of handling food.
2. Before doing the recipe, cook potatoes in boiling water for about 15 minutes until they are soft enough for a knife to pierce them easily.

**Safety Precautions**

Review safety precautions for using knives and the hot plate.

**Making the Recipe**

1. Provide each group of students with materials and an equal amount of potatoes, half an onion, and small bunches of chives and parsley. Place the eggs in the potato water to boil for about 10 minutes.
2. While the eggs cook, demonstrate how to cut the potatoes into bite size pieces. It is best to cut potatoes and onions in half and then chop the halves with the flat side on the cutting board. Demonstrate how to thinly slice the onions and chop the parsley and chives. Have students prepare their ingredients and arrange them neatly on plates.
3. Collect the plates and set them aside on the demonstration table. Provide each group with an egg and let them peel and chop the egg into small pieces. Have students arrange the egg neatly on a plate.
4. Collect the egg plates and place them on the demonstration table. Have students gather around the demonstration table. Review the recipe with students and let students volunteer to stir the two potato salads, one with olive oil and the other with mayonnaise. Have students predict which salad they will prefer.
5. In each large mixing bowl, have students add half of the potatoes followed by half of the vinegar, the salt and the pepper, and mix carefully to keep the potato pieces whole. In each bowl, add half of the onion, 5 tablespoons of chopped chives, and 5 tablespoons of chopped parsley. Add the mayonnaise in one bowl, and the olive oil in the other. Carefully mix together. Finally, add half of the chopped eggs to each bowl, and mix.
6. Serve a small portion of each salad on plates for students to try. While students eat, discuss the differences between each. Have students compare their predictions with the actual experience.
7. Clean up materials and compost food scraps.