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**RECIPE**

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## Roasted Potatoes with Herbs

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Preparation Time: 15 minutes  
Cooking Time: 30 minutes  
Total Lesson Time: 60 minutes  
Recipe Level: Easy

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### Background

This recipe follows a format similar to the Comparative Tasting instructions found in the introduction of this guide. Unlike other fruits and vegetables that can be eaten raw during a comparative tasting, potatoes need to be cooked. This recipe allows students to compare many different types of potatoes. Select many different varieties such as Yukon Gold, Yellow Finn, Red Potatoes and Russets for students. Give students plenty of time to compare the different varieties before you roast the potatoes. Because the potatoes differ greatly in size, color, texture, and taste, students can use all their senses in exploring these varieties.

When you prepare the recipe it may look like a lot of potatoes, but potatoes cook down quite a bit as they roast.

### Objectives

*Students will be able to:*

Use their senses to observe different aspects of a variety of potatoes.  
Record observations and write comparisons in their journal.

### Ingredients

*For a class of 20:*

4-5 different types of potatoes  
such as Yellow Finn, Yukon  
Yellow, Red Creamers, new  
potatoes, or fingerlings,  
5 potatoes of each type  
6 tablespoons olive oil  
1 bunch rosemary  
1 bunch parsley  
salt

### Materials

*For the class:*

colander  
oven  
2 baking dishes  
spatula  
measuring spoons

*For each group of 4:*

2 cutting boards  
2 knives  
2 sponges with rough green  
scrubbing side  
4 plates  
4 napkins  
journals

**Preparation**

1. Have students wash their hands. Discuss proper methods of handling food.
2. Separate potatoes so each student group receives one of each type of potato.
3. Preheat the oven to 500° F.

**Safety Precautions**

Review safety precautions for using knives and the oven.

**Making the Recipe**

1. Provide student groups with one of each type of potato. After students make and record observations in their journals about the potatoes, they can share their observations with the class.
2. Show your students how to wash the potatoes with the rough side of a scrub sponge, inspect the potatoes for greenish areas on the skin, and cut off any green area. The green areas are solanin, a substance that is toxic in large quantities. They indicate that the potato has been exposed to the sun.
3. Demonstrate how to cut the potatoes into quarters. It is best to cut the potatoes in half and then put the flat side down while quartering. Cut potatoes in more pieces, if necessary, so that all pieces are roughly the size of a ping-pong ball. Show your students how to push a rosemary or parsley leaf into the face of a each potato piece.
4. Have students wash and prepare their potatoes for roasting, and place the potatoes on a plate. While doing so, students can record further observations.
5. Collect the plates and set on them on the demonstration table near the oven. Have students gather around the demonstration table. Have one student measure and pour olive oil into the two baking dishes. Have other students place potato quarters with the leaves face down. Sprinkle salt on the potatoes and arrange the rest of the rosemary and parsley around the potatoes. Place the potatoes in the oven for 20-30 minutes at 500° F.
6. While waiting for the potatoes to roast, students can share their observations and make predictions about which type they will like the best.
7. Serve the potatoes on plates, making sure that each student receives a piece of each type. While eating, students can discuss their observations with the class, focusing on appearance, texture, taste, and smell.
8. Clean up materials and compost food scraps.