

Ideal Potato to Use

Potato	Description	Quality	Ideal Way to Cook them	Not good for	Origin
Kipfler	Small to medium, long & narrow	Waxy and keep their shape, low in starch	Potato salad	Mashing or roasting	Austria
Desiree	Large, smooth skin, bright red	Waxy, firm, low starch	Potato salad and gratins	Low starch – but do make good mash	Holland
King Edward	Most common round or oval and yellow skin	Floury	Par boil then make the best roasties	Gratin or dishes you want them to hold their shape	UK
Dutch Cream	Oval, yellow skin	Creamy, waxy	Perfect frying potato, hold shape so good for Nicoise or salads. Creamy, they do work for mash. Good for roasting		Holland
Sebago	Elliptical to oval, yellow skin	Neither waxy or starchy	All rounder good for everything		Maine USA
Nandio	The common washed potatoes, oval, squat, pale yellow skin, white flesh	Neither waxy or starchy	All rounder		Nadi, Kenya
Kestrel	Yellow with purple blush	Neither waxy or starchy	All rounder		Dev 1992 USA
Blue	Blue	Drier potato	All rounder		South Americ
Spud Lite	Golden colour round to oval	Cross pollinated (not GMO) to have 25% less carbs.			South Australia

