



Potato tips

Did you know we waste 4.4 million whole potatoes every day in UK homes? That's mostly because we don't know how to store them properly and because we cook, prepare, or serve too much.

How to store your humble spud

- Store potatoes in a cool, dark, place e.g. cupboard. Cloth or natural fibre bags work well. Do not store potatoes in the fridge!
- Store them away from strong-smelling foods, such as onions.

Potatoes past their best?

If your potatoes get green patches or sprouts, don't worry – cut those bits off and the rest is still fine to eat. A wrinkly potato has lost most of its nutrients, but it's still safe to eat.



Freezing potatoes

Potatoes are really easy to freeze, either cooked or not. Here's some handy tips:

Uncooked potatoes - Simply follow these simple steps:

1. Peel, chop and boil for 5 minutes then place them on a baking tray so they're not touching each other (this stops them sticking together).
2. Put the tray in the freezer. When they've hardened, pop them in a freezer bag and seal.
3. When you're ready to use them, remove the quantity you need from the freezer and defrost in the microwave or overnight in the fridge.
4. Reheat until piping hot (or roast).

Cooked potatoes - Just like above, except no need for boiling! Mashed potato can also be frozen. Freeze them in portions in separate freezer bags, or reusable containers.

Chips - Even chips can be frozen! Put them in the freezer then reheat in the oven later for extra crispy chips.



Chilling potatoes

Allow the potatoes to cool then put them in the fridge within 2 hours. They'll last up to 2 days there.

Tasty ways to use up extra or leftover potatoes

- Add leftover sprouts or greens from your Sunday lunch to your mash, and turn it into bubble and squeak by frying together in a pan with some butter.
- Mix leftover boiled potatoes with mayonnaise and chopped onions to make a tasty potato salad.
- Bulk it up! Leftover cooked potatoes can be added to soups to thicken them and omelettes, casseroles, and curries (along with extra veg) to add substance.

