



INGREDIENTS

Serves 4

Chips

- 12 Maris Piper potatoes
- 3 litres (105 fl. oz) vegetable/ground nut oil

Garlic mayonnaise

- 1 bulb of garlic
- 500 g (1 lb 2 oz) mayonnaise

METHOD

Garlic mayonnaise

- 1 Preheat the oven to 175°C/347°F/Gas mark 4.
- 2 Place the whole garlic bulb on a baking tray in the oven for approximately 45 minutes until soft.
- 3 Remove from the oven and peel each clove, putting them through a sieve to produce a roasted garlic paste. You can use a fork or a food processor if you wish.
- 4 Add 5-6 cloves of garlic paste to the mayonnaise and stir in. You may wish to add more if you love garlic. The remaining garlic paste can be stored by putting it into an ice cube tray and freezing until a later date.

Chips

- 1 Peel the potatoes and cut them into Pont Neuf size potatoes - 1 cm thick by 7 cm long.
- 2 Wash the chips under cold running water to rinse off any free starch.
- 3 Drain and dry the chips well and place them in small batches in a chip basket.
- 4 Heat the oil in a pan to 120°-130°C/250°F. Ideally the pan should be 25-30 cm (10-12") high and 25 cm (10") round. The oil should fill 2/3rds of the pan.
- 5 Lower the basket of chips into the oil and fry for 7-8 minutes, until soft but not brown. Shake the basket occasionally to ensure even cooking.
- 6 Lift the basket out of the pan and drain the chips on absorbent kitchen paper.
- 7 Heat the oil to 175°C/347°F and return the chips to the oil for 2-3 minutes until brown.



ABOUT POTATOES



To make a potato find its way through a maze, put some partitions in a shoe box, with a 2 cm hole in each partition (making sure they don't line up), and then a 2 cm hole in the far end of the box. Put a sprouting potato in one end and place the lid on the box. The sprout will grow towards the light at the end of the shoe box, weaving its way through the holes to the far end!

- It is thought that mayonnaise was developed in France in the 18th century by a French chef in the town of Mahon. Its early name was *Mahonnaise*.
- The science behind the making of mayonnaise is quite interesting. The first step in making mayonnaise involves mixing egg yolks with a little vinegar and seasoning, then adding oil slowly, beating all the time. The idea is that the egg yolk coats the tiny droplets of oil and prevents them coming together to form a separate layer. This is called an emulsion. An emulsion has formed once the mixture becomes thick. The oil can then be added slightly more quickly.
- The potato, which originated in Peru, reached North America after a circuitous journey. The Spaniards first took it back to Spain in the 16th century. From there it made its way to Italy and northern Europe, then to Bermuda and on to the Virginia colonies of North America.
- During the Alaskan Klondike gold rush, (1897-1898) potatoes were practically worth their weight in gold. Potatoes were so valued for their vitamin C content that miners traded gold for potatoes.

If you want to learn more about the importance of a variety of food for human nutrition, then you might like to take our science short course, *Understanding human nutrition* (SK183).