

Food Preservation – Potatoes

Fresh potatoes will store in a cold root cellar for several months in the winter. Because fresh potatoes are available all year at modest prices, it is usually not economical to dry them. You may want to can or dehydrate potatoes for convenience to put in a casserole or soup.

Dehydrated diced potatoes

Choose russet or gold potatoes. Wash well to remove dirt, peel. Cut into slices $\frac{1}{4}$ inch thick. I like to put the potatoes thru my food processor with the French fry blade. I then cut the fries into small cubes. Steam blanch 5-6 minutes. Rinse well in cold water to remove starch. Dry at 125 F until crisp. Rehydrate potatoes in room temperature water for 15 minutes before cooking. These work great in casseroles and soups.

Canned Potatoes

White or yellow potatoes work well. Wash and scrape freshly dug potatoes. Wash again. Boil 10 minutes. Drain. Pack hot into hot jars, leaving 1-inch head space. Add $\frac{1}{2}$ tsp salt to each pint or 1 tsp salt to each quart. Cover with boiling water, leaving 1-inch head space. Remove air bubbles. Adjust caps. Process pints 35 minutes and quarts 40 minutes at 13 pounds pressure.