

FOOD SECTION

Good, old reliable potato recipes

With soaring prices of rice, wheat and corn worldwide, there is grave concern over the risk of food shortages.

Global attention is turning to an age-old crop that could help address the food crisis, the potato.

It is the world's number one non-grain food commodity, produced with ease of cultivation in many developing countries.

To raise awareness of the importance of the potato in addressing issues of global concern, including hunger and poverty, the United Nations is celebrating 2008 as the International Year of the Potato.

Rich in nutrients, the potato's high energy content has made it a valuable cash crop for millions of farmers.

The potato is rich in Vitamin C and B6. It is also one of the most concentrated sources of potassium, even more than bananas, oranges, and mushrooms.

While potato skin provides dietary fiber, 50 percent of nutrients found within the potato itself contain antioxidant properties that help the body counter free radicals.

It is also rich in carbohydrates making it good source of energy.

There is a common myth that potatoes induce weight gain and chronic diseases associated with obesity. This is not supported by research studies.

On the contrary, substantial research shows the opposite. Potatoes are low in calories, fat-

free, and satiating.

Diets characterized by meats and fatty foods are associated with a higher risk for diabetes.

Researchers at the University of Melbourne in Australia conducted a study, which suggests that a diet of salad and cooked vegetables, including non-fried potatoes, may be linked to a decreased risk of diabetes.

One interesting part of this study was that the decreased diabetes risk disappeared when potatoes were excluded from the vegetable group.

Another study published in the *American Journal of Clinical Nutrition* conducted by Jean Mayer of the U.S. Department of Agriculture Human Nutrition Research Center on Aging at Tufts University has found evidence that the glycemic load, or carbohydrate content doesn't matter in terms of weight loss as long as calories are reduced.

According to Glenn Gasser, associate professor of exercise physiology at the University of Virginia, the results of these studies are not surprising. "If you want to lose weight, reduce the number of calories you consume, not carbohydrates!"

In a recent review published in the *Journal of the American Dietetic Association*, Gasser found that diets high in carbohydrates are almost universally associated with slimmer bodies and consuming a high-glycemic diet is not

associated with higher body weights. "It is not the GI or GL that makes for healthier bodies, but the overall quality of a high-carb diet, which includes more fiber-rich and nutrient dense foods. Potatoes can certainly fit into this category."

In an attempt to determine which foods promote fullness, researchers in Australia developed a satiety rating scale that they called the "satiety index" (SI).

Two hundred forty calorie portions of 38 different foods representing all the basic food groups were fed to groups of subjects who then rated the foods based on the degree of fullness they provided.

Foods ranking highest on this SI tended to be high in water or fiber content, as well as lower in fat content.

Fruits and vegetables were at the top of the SI list of foods. In fact, the highest SI score was produced by potatoes, which was more than three times the SI of white bread.

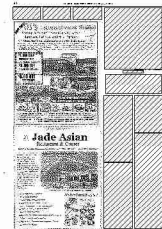
Other foods ranking high in satiety after potatoes were fish, oat porridge, oranges, apples, wheat pasta, steak and baked beans.

U.S. frozen potatoes have become a key ingredient in restaurant recipes in the Southeast Asian region. It is

Turn to page 45 available all-year-round, harvested and processed at the peak of freshness.

The following are some recipes that use U.S. frozen potatoes. Easy and quick to prepare, frozen potatoes make delicious appetizers, main entrée and even desserts.

Seared Ahi Tuna with Cebu Mango Salad and Tomato Salsa with Golden Tater Drums



Ingredients:

- Tuna**
- 100 grams tuna loin
- salt and pepper
- olive oil for cooking
- Mango Salsa**
- 20 g yellow mango, diced
- 10 g red pepper, diced
- 10 g green pepper, diced
- 10 g shallots, sliced
- 5 g coriander leaves, cut finely
- 1 ml lemon juice
- 2 ml olive oil
- salt and pepper
- tabasco
- 1 stick celery, use leaves only
- spring onion, chopped
- Tomato Salsa**
- 20 g tomato, peeled and diced
- 10 g red pepper, diced
- 10 g green pepper, diced
- 5 g coriander leaves, cut finely
- 2 ml olive oil
- salt and pepper
- tabasco
- Tater Drums**
- 2 pcs frozen tater drums
- soya oil for deep frying

Procedures:

Season the tuna with salt and pepper and sear in a hot pan. Let it cool then slice it to the desired thickness. To make the mango salsa, mix all ingredients together and season with salt and pepper and a dash of tabasco. To make tomato salsa, mix all ingredients together and season with salt and pepper and a dash of tabasco. Deep fry the U.S. tater drums in soya oil

To assemble: Put tomato salsa in a Chinese spoon with a fried tater drum. Top it with a slice of ahi tuna and then mango salsa. Garnish it with spring onion and celery leaves. Serves four.

Nougat U.S. Potato Dumplings

Ingredients:

- 500 g frozen mashed potatoes
- 100 g wheat flour
- 30 g semolina
- 2 egg yolks
- 1 pc fresh vanilla pod
- 1 tsp salt
- lemon zest
- 30 g sugar
- 300 g breadcrumbs (sweet)
- 100 g sugar
- 180 g butter
- 1 pinch cinnamon
- 500 g nougat hazelnut

Procedures:

Put the mashed potatoes in a bowl and add flour and semolina. Knead in egg yolks and spices and work to a smooth dough. Chill for one hour. Portion the nougat into balls, approximately 20 grams each. Divide the mashed potato dough into small portions. Cover an entire nougat ball with a portion of dough. Place in the refrigerator for one hour. In a saucepan of boiling water, slightly salted, cook the dumplings for five to eight minutes. Remove it from the water.

To make crumb coating: In a shallow pan, melt butter. Add sugar and breadcrumbs and roast until golden brown. Roll boiled dumplings in fried breadcrumbs. Serve

hot. Serves three.

Bistek Tagalog with Pumpkin Flower and Herb Mashed Potatoes (left)

Ingredients:

- 180 g beef tenderloin, sliced

into three pieces

- 10 ml soy sauce
- 10 g garlic, chopped
- peppercorns
- lemon juice
- 2 pcs pumpkin flower
- 20 ml olive oil
- 30 g onion, grilled
- oregano for garnish
- Mashed potatoes
- 100 g frozen mashed potatoes
- 20 g butter
- 10 ml light cream
- 10 ml milk
- salt and pepper
- 5 g parsley, chopped

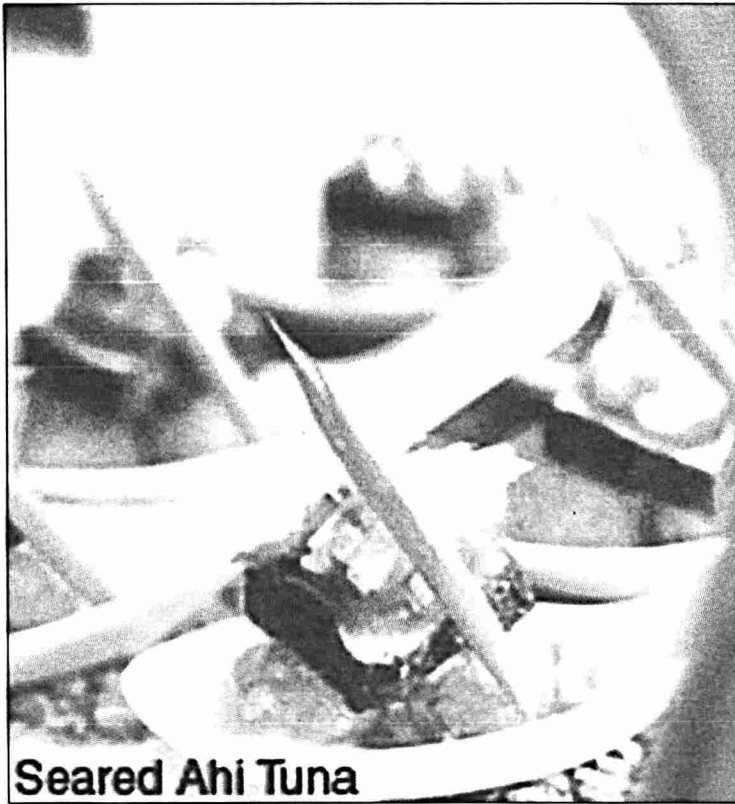
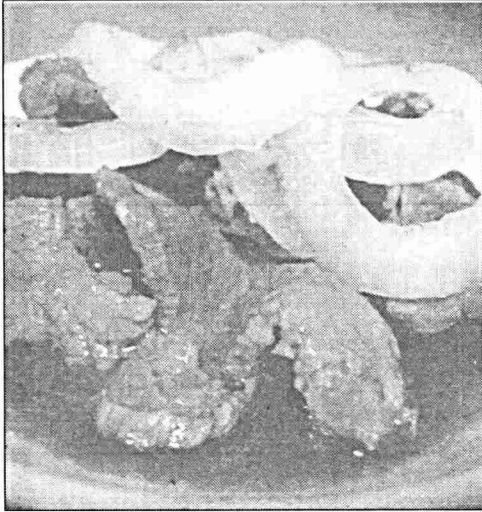
Procedures:

For the beef: Marinate the beef in soy sauce, chopped garlic, crushed peppercorns, lemon juice and olive oil for 24 hours. Sear the beef in a hot pan until golden brown. Finish cooking in the pre-heated oven until desired doneness, set aside.

To make the sauce: In the same pan, pour 50 grams chopped onions. Stir a little bit and add the remaining marinade from the beef, reduce it a little and keep it warm.

To make mashed potatoes: Put the mashed potatoes in a bowl. Beat in the butter, then cream. Add enough hot milk to bring potatoes to proper consistency. Add salt and pepper to taste. Whip mashed potatoes on high speed until light and fluffy and add chopped parsley.

To arrange: Place beef tenderloin in the middle of a serving plate and the mashed potatoes around it; top it with sautéed pumpkin flower and grilled onion; and pour sauce over and garnish with fresh thyme. Serves one.



Seared Ahi Tuna

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