



Paul Foster's Rudolph Recipes

Observer Food Monthly's 'Young Chef of the Year 2011' Paul Foster has created a selection of tantalising and unique recipes featuring Rudolph potatoes. From terrines and confits, to perfect Rudolph roasts and mash - Paul's recipes highlight the versatility of this vibrant maincrop potato.



Pine confit Rudolph potato

1 large Rudolph potato
400ml salted butter
100g pine needles
Sea salt

Special equipment

Water bath
Vacuum pack machine



- Infuse the pine needles into the butter by melting and leaving on a very gentle heat for 15 minutes.
- Peel the potato and cut into 1 inch thick slices, place the potato in vacuum pack bags with two spoons of the butter.
- Seal in the vacuum pack machine and place in the water bath at 90°C for around 50 minutes
- Check the potatoes are done, drain from the bags and re-season with sea salt to serve.



Rudolph potato and vanilla terrine

Special equipment

3cm deep baking tray roughly 20cm by 30cm

lined with cling film

Mandolin

Pastry brush

Ingredients

1k peeled Rudolph potatoes

1 vanilla pod

200g butter

Sea salt



- Scrape the seeds from the vanilla pod into a pan with the butter and gently melt and infuse
- Slice the potatoes very thin on the mandolin (about 1mm). Place a neat layer of potatoes on the bottom of the lined tray and brush with a small amount of the vanilla butter, do another layer of potato and brush with the butter then lightly season with sea salt. Repeat this until the tray is slightly over full making sure you season every other layer.
- Cover the top of the terrine with parchment paper and tin foil and bake in the oven at 160°C for around 1 hour until tender in the middle. When ready place a similar sized tray on top of the terrine with a weight on and press in the fridge overnight.
- Remove the potato terrine from the fridge and trim off the edges, cut one inch thick slices off the terrine and pan fry in a non stick pan with spoon of hot sunflower oil on the layered side until golden and crispy turn over and repeat for the other side, serve immediately

Paul says: “Great with meat or fish or even as a dish in its own right with vegetables.”



Rudolph potato juice

Special equipment

Hard vegetable juicer

Ingredients

1k of washed Rudolph potatoes skin on
250g reduced brown chicken stock
Juice of 1 lemon
Sea salt



- Juice the potatoes and let sit in a bowl for 5 minutes for the starch to settle on the bottom, pour the juice off the top into a pan and discard the starch from the bottom. Bring the juice to the boil whilst whisking and melt in the chicken stock, add chicken stock to taste and season. Adjust thickness if necessary with water so you don't overpower by adding more chicken stock

Paul says: "This is amazing with poached or roasted fish, I serve it with poached skate."



Paul Foster's Rudolph mash

Specialist equipment

Fine drum sieve or chinois

Ingredients

1k peeled Rudolph potatoes

200ml milk

500g butter diced and cold

Sea salt



- Cut potatoes into large chunks and place in a pan with cold salted water, bring gently to a simmer and cook slowly without boiling. When the potatoes are just cooked drain off the water and place back in the pan and on the heat to dry out any excess moisture.
- Push the potatoes through the drum sieve in a downward motion without rubbing the potatoes. It is important not to work the potatoes too much at this stage as the starch will become gluey.
- Once passed place into a clean pan and work over the heat to warm up. Heat the milk and gradually beat into the potato. Add the butter a few knobs at a time whilst beating with a spatula, only add more butter when the rest is fully incorporated. Season with salt to taste and pass twice more through a drum sieve or chinois. Re-heat to serve and ensure not to get too hot or the butter will split out of it.

Paul says: "This mash is great with game and strong flavoured meats."



Paul Foster's Rudolph roast potatoes

Ingredients

1k Rudolph potatoes

200g duck fat

Sea salt

- Wash and peel the potatoes, cut into large random chunks, cover in a pan with cold salted water and gently bring to a simmer. Cook slowly without boiling until they just start to breakdown.
- Drain off the potatoes into a colander and gently shake to rough up the exterior. Allow to sit for 5 minutes with the potatoes evenly spread out and allow to evaporate the moisture on the surface of the potato.
- Heat the duck fat in a roasting tray and add the potatoes to the tray, ensuring they are at least 2cm apart. Season with sea salt and turn once, place in the oven at 190°C cook for around 35-40 minutes turning every 10 minutes. When crispy and golden remove from the oven and drain on kitchen roll, re season with sea salt and serve.





New season crop Rudolph Potatoes are available now. For sales enquiries please contact Fenmarc on: 01354 662 400 or visit www.rudolphpotatoes.com

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Editors Notes

1. About Fenmarc (www.fenmarc.com) - Fenmarc, a leading fresh potato and vegetable grower and supplier was established as a farming co-operative over 40 years ago by growers across East Anglia. The business is now privately owned, with sales in excess of £80 million. Fenmarc is established as one of the leading fresh produce suppliers in the UK, employing over 400 colleagues.

2. About the seed - Last of the breeding programme in the UK by Agrolon (before Agrico purchased the Agrolon seed business in UK approx 10 years ago). The variety was listed by Agrico in 2007 who own the copyright until 2037. The initial cross was made in the late 90's from a crossing of Chieftain x Stirling. Stirling was a strong parentage variety with strong resistance to blight, which Rudolph has subsequently inherited.

There are currently 14 growers producing circa 1000 tonnes of seed for Agrico UK, both in England and Scotland, from high grade to commercial production. The seed is mainly grown in the region of Angus, Fife, Perthshire & some high grade in Aberdeenshire & Morayshire. There is a small area in Yorkshire where the crop is also being grown, which Agrico UK are hoping to expand year on year. Rudolph has also had promising results with organic trials.

3. About Tuddenham Mill - Stylish, boutique bolthole in a rural Suffolk setting. In the exclusive Mr & Mrs Smith portfolio this sympathetically converted historic watermill brings together an exceptional environment, a passion for great food and wine, the ultimate in bedroom comforts and discrete yet attentive service. Think: Italian designer furniture, old oak beams, Elemis toiletries, resident swans, Loewe televisions...

Visit to try the Head Chef's award winning food, "Paul Foster may well be one of the best young chefs you've never heard of. Tucked away in this quiet corner of a quiet county, he is doing something very much worth travelling for." (Jay Rayner. The Observer)

www.tuddenhammill.co.uk