



How Many Potatoes Do I Need?

Recipes will tell you how many and what kind of spuds to choose, but what if you're freestyling your potato side? These are the numbers, sizes and types of taters that go into your favourite dishes.

QUICK FACT

A Canada's Food Guide serving of potato is 1/2 cup (125 mL), or about half a medium spud.



MASHED

Best Potatoes for the Job



Russet (baking)



Yellow-fleshed (Yukon Gold)



Red-skinned

How Many?

1 lb (454 g)
= about 3 medium potatoes
= about 4 servings mashed

Tip

Stir in a bit of cheese, such as shredded mozzarella, goat cheese or herbed cream cheese, to boost the flavour of your mash.



ROASTED

Best Potatoes for the Job



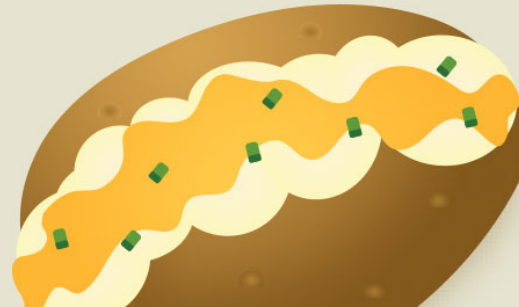
Yellow-fleshed (Yukon Gold)

How Many?

1 lb (454 g)
= about 3 medium potatoes
= about 4 servings roasted

Tip

For super-crispy results, soak cut potato pieces in water to remove excess starch, and drain before roasting.



BAKED

Best Potatoes for the Job



Yellow-fleshed (Yukon Gold)



Russet (baking)

How Many?

1 lb (454 g)
= about 3 medium potatoes
= about 3 servings baked

Tip

To make Hasselbacks, slice potatoes crosswise at 1/4-in. (5-mm) intervals, stopping about 1/2 in. (1 cm) from bottom. The slices will hold together on the bottom, like an accordion.



SCALLOPED

Best Potatoes for the Job



Yellow-fleshed (Yukon Gold)



White-fleshed

How Many?

1 lb (454 g)
= about 3 medium potatoes
= about 4 servings scalloped

Tip

Shake up your side and add a little colour. Sub in sweet potatoes for half of the regular ones in your scalloped and gratinéed spuds.



PAN-FRIED

Best Potatoes for the Job



Mini red-skinned



Mini yellow-fleshed



Compliments Medley Petites Potatoes

How Many?

1 lb (454 g)
= about 16 to 20 mini potatoes
= about 4 servings pan-fried

Tip

Mini potatoes have tender skins, so there's no need to peel them. They'll pan-fry relatively quickly in an oiled skillet, but parboil to speed up the process. Add a pop of fresh flavour with a sprinkle of chopped fresh rosemary, thyme and garlic.

DO THE MATH

For a big spread with lots of side dishes, you'll need about 4 oz (125 g) of potato (that's pre-cooking weight) per person. If you're serving fewer sides, you can up it to about 8 oz (250 g) per person. Dishes made with lots of other ingredients — like scalloped potatoes, which contain cheese, cream and so on — will probably require fewer potatoes than a straight-up choice, like baked or mashed.