

Jo's Golden Crispy Potatoes

Baking soda increases the alkalinity of the cooking water, accelerating pectin solubilisation in the potato cell walls. This exposes surface starch, which gelatinises into a thin paste that dehydrates rapidly during roasting, producing a highly crisp exterior.

Ingredients

- 1kg Roasting Potatoes (I Like Russets)
- 1 tsp Baking Powder or ¼ tsp Sodium Bicarbonate
- 1 tbsp Salt
- 3–4 tbsp Fat (Olive Oil, Duck Fat, Beef Dripping)
- 1 tsp Salt (for Seasoning)
- Optional Extras: ½ tsp Garlic Powder, ½ tsp Smoked Paprika, Fresh Rosemary or Thyme, Black Pepper

Method

1. Heat oven to 220°C. Place a baking sheet with your fat/oil in the oven to heat up.
2. Peel and cut potatoes into large chunks.
3. Bring a large pot of water to a boil. Add salt and baking powder/ soda.
4. Add potatoes and simmer 8–10 minutes (until the edges are soft but centres still firm). Drain and leave for 2 minutes.
5. Shake them in the pot or colander until the surfaces look fuzzy and roughened up.
6. Carefully remove the hot tray with melted fat and add potatoes to the tray (they should sizzle). Turn to coat well.
7. Roast 40–55 minutes, turning halfway, until golden and crispy.
8. Toss with salt and optional extras while hot.



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