

HOW TO COOK BAKED POTATOES

This is pretty much inspired by my “How to Cook White Rice” write up; I guess I never really gave much thought to this one either. Baked potatoes seem pretty simple, but they are also not too hard to screw up either. I’ve got three methods so far, but I may have a few more up my sleeve for later.

By the way, the term “baked” is used somewhat loosely here

20201113 (Friday): The Sous Vide method is a work in progress, so please keep that in mind if you give it a try, but I am really excited about this method

INGREDIENTS

<u>Qty.</u>	<u>Unit</u>	<u>Item</u>
AR	-----	Russet Potatoes
AR	-----	EVO of Choice
AR	-----	Morton’s Kosher Salt
AR	-----	Land O’ Lakes Salted Butter

Insert standard disclaimer about salted vs unsalted butter here.

SPECIAL TOOLS

- None!!! Unless....
- Sous Vide Method
 - Vacuum Sealer [i]
 - Vacuum Seal Bags [ii]
 - Sous Vide Machine[iiii]

PREPARATION

REGULAR OL’ IN THE OVEN

- 1) Heat oven to 350 deg. F
- 2) Rinse potatoes and remove any nubbles, but DO NOT PEEL!!!
- 3) Dry potatoes thoroughly
- 4) Pierce potatoes all over with fork and lightly coat with EVO
- 5) Place potatoes on ¼ sheet cooling racks in ¼ sheet pans then place in oven
- 6) Set timer for 60 min
- 7) When timer goes off, check for tenderness[iv]
- 8) If not done yet, continue to cook in increments of 10 minutes, checking for tenderness each time, until done [v]
- 9) Pull potatoes from oven and let sit for 5 minutes

- 10) Make a shallow cut down the long axis and press ends together to open
- 11) Apply toppings of choice
- 12) ENJOY!!!

MICROWAVE METHOD

- 1) Rinse potatoes and remove any nubbles, but DO NOT PEEL!!!
- 2) Dry potatoes thoroughly
- 3) Pierce potatoes all over with fork and lightly coat with EVO
- 4) Place potato on microwave safe plate and microwave on high for 2 minutes
- 5) Flip potato and check for tenderness [iv, vi]
- 6) Repeat steps 4 and 5 until done [vii]
- 7) Let potato sit for 5 minutes
- 8) Make a shallow cut down the long axis and press ends together to open
- 9) Apply toppings of choice
- 10) ENJOY!!!

THE SOUS VIDE METHOD [WIP]

- 1) Check Sous Vide machine water and replace as required
- 2) Heat the Sous Vide machine to 195 deg. F [viii]
- 3) Rinse potatoes and remove any nubbles, but DO NOT PEEL!!!
- 4) Dry potatoes thoroughly and pierce all over with fork
- 5) Place each potato in a 1 quart vac seal bag along with a pat of butter and vac seal
- 6) Place potatoes in Sous Vide machine
- 7) Once sous vide temperature has recovered, set timer to 60 minutes
- 8) About 30 minutes out, heat oven to 450 deg. F
- 9) At the end of 60 minutes, pull the potatoes from the Sous Vide machine
- 10) Gently roll the potato around in the bag so that the potato is coated on all sides with butter
- 11) Place potatoes on $\frac{1}{4}$ sheet cooling racks in $\frac{1}{4}$ sheet pans then place in oven for 5 minutes
- 12) Pull potatoes from oven and let sit for 5 minutes
- 13) Make a shallow cut down the long axis and press ends together to open
- 14) Apply toppings of choice
- 15) ENJOY!!!

THE SMOKER METHOD

Coming Soon! (Well, whenever I get around to it anyway)

NOTES

- i. I use the Food Saver, but I do have a vac chamber sealer that I need to break out one of these days
- ii. Food Saver requires the special bags, but the vac chamber does not
- iii. I have the Sous Vide Supreme, but there are a lot of options out there
- iv. There should be a some give when lightly squeezed or you should be able to easily pierce them with a fork
- v. Mine took 70 minutes
- vi. If your microwave does not have a turn table, also rotate by 90 deg.
- vii. Mine took 4 rounds for a total of 8 minutes
- viii. It takes my machine about 1 hour, 15 minutes to get to 200 deg. F

PICTURES

No pictures yet!!!