

# Duchess Potatoes

## Ingredients

2 Baking Potatoes  
1 egg yolk  
1 tbsp. milk (In school)  
1/2 tbsp. butter  
Pinch Nutmeg

## Equipment

Saucepan  
Sharp knife  
Green chopping board  
Piping bag and nozzle  
Tablespoon  
2 small plastic pots  
Colander



List the skills used for this recipe.

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Who is the dish suitable for?



## Method

1. Preheat the oven to 400F/200C/Gas 6. Line a large baking tray with greaseproof paper.
2. Half fill saucepan with water and place on hob to boil. Peel and chop the potatoes into macedoine. Add to pan of boiling water for 10 minutes or until tender – the smaller you dice them, the quicker they will cook.
3. Drain and mash thoroughly. Add the butter, egg yolk, milk and nutmeg- make sure you have no lumps or they will clog the piping nozzle.
4. Spoon the mash mixture into a large piping bag with a star nozzle and pipe 6 rosettes (swirls) onto the baking tray.

Bake for 20 minutes until piping hot and just turning golden then serve at once.

This recipe is suitable for:

Dietary needs:	Yes	No
Vegetarian		
Vegan		
Pescatarian		
Gluten intolerant		
Lactose intolerant		
Low sugar/diabetic		
High Fibre/ NSP		
Nut allergies		
Low salt		
Low fat		

How could you adapt this recipe to suit one of the

diets you have stated its not suitable for?