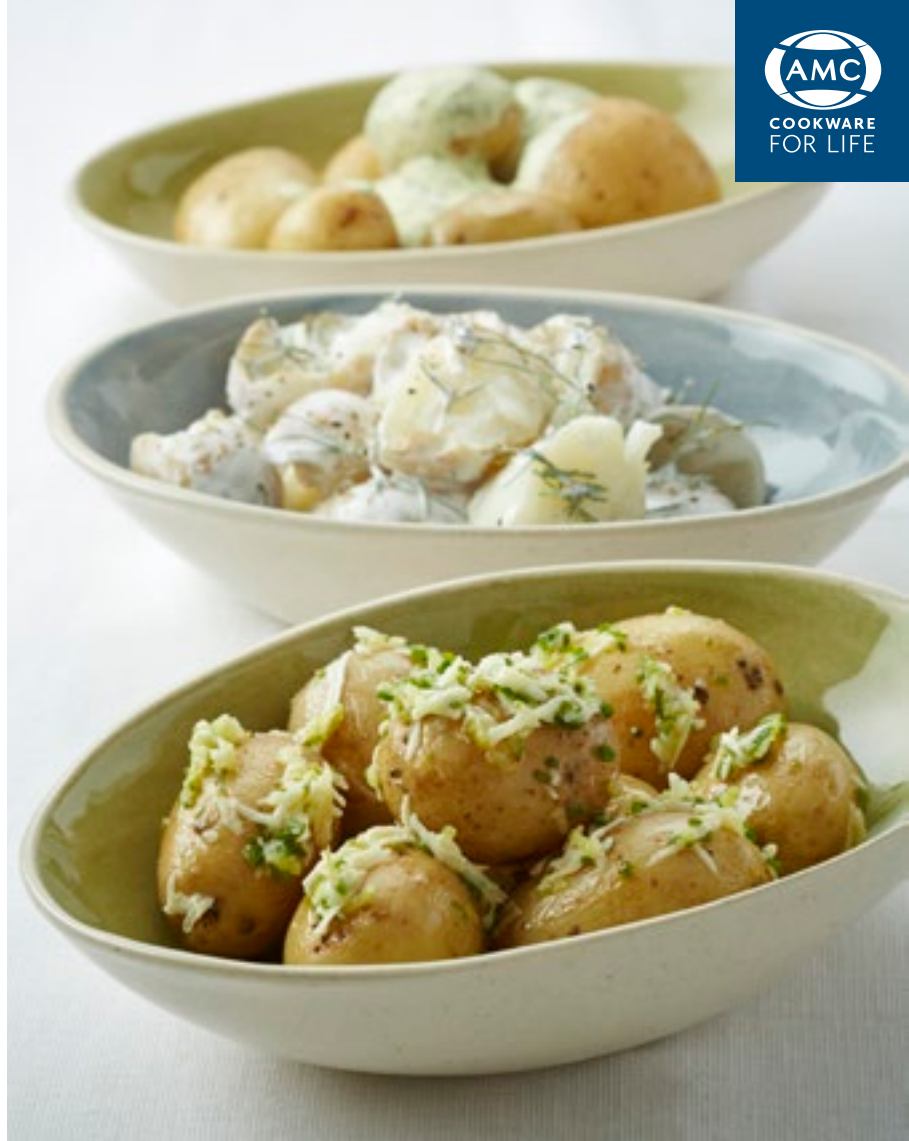


Potato salad three-ways

One of the most popular South African side dishes served at a braai, is a potato salad. There are many ways this starchy side can be prepared, and everyone has their favourite ingredients to add. Here are a few practical tips about cooking potatoes, which may just result in an even more appetising salad.

Baby potatoes are delicious to use as they absorb the flavours of the sauce very well. Always cook potatoes, big or small, in the skin to retain more of the nutritional value. Even when big potatoes are used for the salad, it's best to boil them in the skin, then peel and cut them. The skin also helps to prevent the potatoes from bursting open while cooking. AMC Brand Ambassador Heleen Meyer, shares three delicious ways to serve your next potato salad.



Ingredients

SERVES 4 - 6

750 g baby potatoes
in the skin
salt and pepper
15 ml (1 tbsp) olive or avocado oil

Parmesan and lemon dressing

45 ml (3 tbsp) olive
or avocado oil
juice and finely grated
rind of 1 lemon
30 ml (2 tbsp) chopped fresh chives
30 ml (2 tbsp) finely grated Parmesan
or white Cheddar cheese

Sour cream and dill dressing

30 ml (2 tbsp) lemon juice
125 ml (½ cup) sour cream
30 ml (2 tbsp) milk
60 ml (¼ cup) coarsely chopped
fresh dill

Curried yoghurt dressing

125 ml (½ cup) good quality
mayonnaise
125 ml (½ cup) plain yoghurt
2,5 ml (½ tsp) apricot jam
or honey
5 ml (1 tsp) curry powder
45 ml (3 tbsp) chopped fresh
coriander leaves

Method

1. Place potatoes in an AMC 20 cm Gourmet Low or High with a pinch of salt and a few centimetres of water. Bring to a boil over medium heat, then reduce the heat and simmer with a lid on for 15-20 minutes or until tender.
2. Drain potatoes and place in a large mixing bowl. Pour over the oil and toss the potatoes until coated with the oil. Allow to cool and cut in half.
3. Choose a dressing that pairs well with the rest of your meal. Mix all the ingredients together and season to taste. You can still add gherkins, boiled eggs, onion or other salad ingredients, if you prefer. Toss the potatoes in the dressing and serve cold or at room temperature.

TIPS & VARIATIONS:

- Add 1 x 170 g tin tuna, drained or 100 g peppered mackerel and avocado slices to the sour cream dressing. This will make a light, tasty meal.
- Add cooked chicken or bacon to the curried yoghurt dressing to turn it into a light meal.
- The parmesan dressing is also delicious with rocket leaves, marinated sun-dried tomatoes, olives, feta, fresh origanum and rosemary.