

# Dehydrated Potato Recipes

While mashed potatoes are always good, dehydrated potato flakes can be used in other recipes.

- **BREADING:** One surprising way that potato flakes are used is as breading for pan or oven fried chicken or pork. When mixed with a little parmesan cheese (the really finely ground bottled parmesan) they make a delicious coating.
- **SOUP:** Potato flakes also make a thick delicious potato soup. Chopping a few ounces of ham, and adding onion, carrots, canned or frozen mixed vegetables and chicken broth will help you make a great soup.
- **CASSEROLES:** Shepherd's or Country pie is always topped with "mashed" potato mixed with a bit of cheese is a great casserole. The potatoes top a ground beef and mixed vegetable mixture flavored with beef broth, salt pepper and splash of hot sauce or Worcestershire – or even Catsup! (The Irish would tell us it needs ground lamb to be Shepherd's pie. So, used beef or ground turkey and call it Country!)
- **VEGETABLE PATTIES:** Corn and dehydrated potato patties are good for a meatless meal, or a great healthy side dish for frankfurters. Top them with a little grated cheese or add a chopped spicy pepper to change flavors.
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Adding flavor and spice in your meals. Here are Four products that can add lots of flavor and help stretch your food dollar

- **Shelf Stable Bottled Parmesan Cheese**
  - A great flavor enhancer. It keeps well in the refrigerator and can be used to bread chicken or pork, flavor sauces, soups, mashed potatoes or even mix with onion flakes and a little cooking oil for a delicious bread spread. Generally available at the dollar store, or any grocery.
- **Greek Seasoning**
  - This seasoning has onion, garlic, salt and pepper and it will good flavor to many foods, soups and casseroles. Buying just this one product can help you add seasoning to your meals without spending lots of money in the spice aisle. Sometimes you need to find the ethnic foods aisle to locate this spice.
- **Better than bouillon paste (or any similar brand).**
  - Chicken or vegetable flavor can be used to make broth for many recipes. One teaspoon will make a quart of broth at a fraction of the cost of buying ready made canned broths.
- **Dried Onion flakes**
  - Dried onion can be rehydrated with just hot water, or used dry for a crunchy flavorful ingredients. They are shelf stable and one jar can replace several bags of fresh onions. One added benefit is "NO TEARS" you don't have to peel and chop the onions.

**Help with measuring.** If you kitchen lacks measuring tools, these are good substitutes.

- ✓ Tbsp in a recipe is Tablespoon. A “soup” spoon filled, but not overflowing is a good substitute for a traditional tablespoon. Just fill the spoon, don’t mound or overfill.
- ✓ Tsp is teaspoon and a regular spoon filled can substitute
- ✓ ½ cup can be measured with a 4 ounce, or small yogurt or applesauce individual container. Fill it two times and you have 1 cup.
- ✓ A pint jar which holds 16 ounces (like a clean peanut butter jar) is 2 cups, fill the jar about ¾ full and you get 1 ½ cups.

**Substitutes for Butter.** Butter can be expensive, any stick margarine can be substituted in baking or recipes where the flavor of butter is essential. BUT...in recipes with meats like the Chicken drumsticks you could use Mayonnaise instead of butter to moisten the coating and the taste is great when you want to create a “fried” chicken or pork chop flavor.

### **CHICKEN DRUMSTICKS BREADED WITH INSTANT POTATOS**



- Generous ½ cup instant potato flakes
- ⅓ cup parmesan cheese, grated bottle variety works well
- 1 teaspoon Greek seasoning (or pepper and salt)
- 2 pounds (4 to 6) Chicken Legs
- ⅓ cup butter (or margarine), melted

#### **Directions**

- Heat oven to 375°F Line a 9x13 baking pan with foil. Spray with cooking spray.
- In medium bowl, combine potato flakes, Parmesan cheese and garlic salt. Mix well.
- Dip chicken pieces into the butter (or mayo), and then roll in potato flake mixture to coat. Place in pan. Bake for 35 to 45 minutes or until chicken is tender and golden brown. If you cut into the side of one leg, all the way to the bone; and the juices run clear, NOT red, your chicken leg is fully cooked

**ENJOY** – this same coating can be used on chicken breast pieces, or on pork chops



## **COTTAGE PIE**

- 1 pound ground Beef or Chicken or Turkey
- 1 teaspoon Greek seasoning (or salt and Pepper)
- ¼ cup Catsup or ¼ cup tomato sauce
- 1 diced onion (or ¼ cup dried onion soaked in ½ cup hot water)
- 1 can or 1 bag frozen mixed vegetables
- 1 cup chicken broth
- 2 cups prepared potato flakes
- ½ cup shredded cheese or 4 cheese slices torn into smaller pieces

### **DIRECTIONS**

- Brown the meat and onions
- Add the seasoning, catsup, catsup broth and vegetables.
- Spread the mixture in a baking pan or oven proof skillet
  
- Prepare the dehydrated potato according to package directions. If your directions call for water you can replace the water with milk or use ½ milk and ½ chicken broth for more flavor. Spread the potato mixture on top of the meat in the baking pan. Top with Shredded cheese or cheese slices.

Bake for 30 minutes at 350 degrees. Allow to cool for 10 minutes before serving.  
Optional: 1 TBSP soy sauce OR Worcestershire sauce in meat mixture is delicious.

## **CORN AND DRIED POTATO FLAKE CASSEROLE (OR PATTIES)**

### **INGREDIENTS**

- 2 cups mashed potato flakes
- 1/3 cup cornmeal (no cornmeal in the cupboard...use 1/3 cup bread crumbs)
- ½ teaspoon Greek seasoning
- 1 Tablespoon chopped pepper (use jalapeno if you like spicy – optional but very tasty. (NO Jalapeno...add 2 tablespoons of salsa)
- ½ finely chopped small onion or 1 Tablespoon dried onion flakes
- 2 cups milk
- 1 egg
- 1 package (10 ounces) frozen corn, thawed, OR 2 cans well drained canned corn
- 1 cup shredded cheese any variety
- 2 tablespoons cooking oil

1. In a large bowl, mix the potato flakes, cornmeal and Greek seasoning.
2. Add the onion, chopped pepper, milk, corn, oil, cheese and mix until blended.

Suggested: Pour into 8 inch baking dish and bake at 350 for 25 minutes or until a kitchen knife blade inserted into the center is clean (not wet coating) when inserted into the center. If you don't have an oven, make the patties below and cook in a skillet.

Patties are a bit harder, just be careful flipping them, and keep stove temperature at medium to avoid burning the patties.

Using 1/2 cup measure, shape mixture into twelve 3-1/2-in. patties. Add oil to a skillet and brown patties on each side until done. Add any fruit and a veggie like lettuce or tomato for a healthy meal.

## **MAKE YOUR OWN**

Baking mixes like Bisquick can make meal preparation easier. While not generally costly here is a very inexpensive way to make your own. The cottage pie above could be topped with biscuits made with this mix. Or an “impossible” meat pie where the baking mix is added to ingredients and everything is baked like a pie can be delicious. So here is the baking mix recipe. Followed by impossible meat pie recipe.

### **HOME-MADE BAKING MIX\_ (Bisquick)**

#### **Ingredients**

2 cups all-purpose flour  
1 tablespoons baking powder  
1/2 teaspoon salt  
2 tablespoons butter – soft, at room temperature (stick margarine can be used)

#### **Directions**

Measure flour into a mixing bowl.

Combine flour, baking powder and salt.

Some recipes will tell you to “cut” in the butter - recipe language for using a fork to combine the small amount of butter into the flour.

- Here’s a trick...take 1/2 cup of the flour mix and with a fork mix the butter into that 1/2 cup flour, make sure you can’t see any butter, it may have a few “clumps.”
- Once you have the butter mixed into the 1/2 cup of flour mix, add another 1/2 cup and mix the butter containing mix thoroughly.
- Then mix the remaining cup of flour into the mix with the butter until the entire mix looks like flour without lumps. Use a storage container or plastic bag and store it in the refrigerator. It will keep for 6 weeks.

This mix can be used for pancakes, biscuits, or to make other baked goods with start with a baking mix.

## **IMPOSSIBLE MIXED VEGETABLE CHEESE PIE**

### **INGREDIENTS**

- 1 cup fresh broccoli, chopped (cauliflower may be used too)
- 1/3 cup white onion, diced
- 1 cup canned or frozen mixed vegetables (drained)
- 1 cup shredded cheese (any variety American or cheddar)
- 1/2 cup Baking Mix
- 1 cup of milk
- 2 eggs
- 12 teaspoon salt and pepper



### **DIRECTIONS:**

1. Heat oven to 400 degrees. Grease 9" pie plate with butter.
2. Chop broccoli and boil lightly salted water for 3-5 minutes or until tender. Drain well.
3. Dice the onion and chop the green bell pepper. Set aside.
4. In a medium bowl, whisk milk, eggs, and salt and pepper until well combined. Add baking mix and whisk well.
5. Mix the broccoli, green bell pepper, onion, and cheese in pie plate.
6. Pour the baking mix mixture onto the vegetables.
7. Bake uncovered for 30 to 40 minutes or until the top is golden brown.

Allow to cool for 10 minutes before serving. Enjoy!