Creamy Potato Bake

Serves 4

Incorporating a delicious accompanying potato dish can make a meal very special and this classic potato bake is the perfect accompaniment to our gratinated chicken meatballs braised in homemade tomato sauce dish.

TASTE OF CATER CARE FACT

Whilst the cream and full cream milk in this recipe are quite high in fat, for aged care residents they are an excellent source of energy, making this dish a great choice for those who have a poor appetite or who consume small meals and find it difficult to meet their daily energy requirements. The combination of fresh potato with onion, cream and parmesan cheese makes this recipe a delicious and flavourful alternative to mashed potato.

INGREDIENTS

- 150ml Pure Cream
- 65ml Full Cream Milk
- 675gm Washed Potato - peel and finely slice.
- To Taste - Sea Salt and Freshly Ground Black Pepper
- 200gm Brown Onion - top, tail, peel, halve and finely slice.
- As Required - Baking Paper
- As Required - Aluminium Foil
- 20gm Parmesan Cheese - finely grate.

METHOD

1. Preheat an oven to a moderate temperature - 160℃.
2. In a mixing bowl, add the cream and milk and whisk until combined.
3. Add the potatoes and lightly toss until they are evenly coated with the cream and milk mixture, then season to taste.
4. Place an even layer of the potato mixture in the base of a 15cm wide by 20cm long and 6cm high baking dish. Evenly top the potato with a layer of the sliced onion. Repeat the process until all the ingredients have been used, ensuring that the final layer is potato. Evenly pour any remaining cream and milk mixture over the potato. Cover the potato with baking paper, then cover with aluminium foil. Place the baking dish into the oven and bake for 1½ hours or until the potato is cooked through and tender, then carefully (it will be very hot!) remove the baking dish from the oven.
5. Carefully remove the aluminium foil and baking paper, evenly sprinkle the parmesan cheese over the potato. Return the baking dish to the oven and continue to bake for a further 25 minutes or until the cheese has melted and the potato bake's surface is a light golden brown. Remove the baking dish from the oven and cover with aluminium foil to keep it warm until it is served.