

Potato Dauphinoise

Sounds posh, tastes out of this world.

Without doubt one of the best ways to cook and serve potatoes. While this recipe does contain cream and butter, it isn't as unhealthy as you may think. As the dish will serve 4 to 5 people, one portion doesn't contain that much.

You will need;

750 grams of King Edward Potatoes

50 grams of butter

A piece of kitchen paper with a small amount of butter on it

150 ml of double cream

150 ml of semi skimmed milk

1 clove of garlic, salt and pepper

First thing, turn the oven on to warm up while you prepare. 200 c or gas mark 6.

Cut your clove of garlic in half lengthways, *(no need to peel it first this time)*.

Take an earthenware dish and then rub the garlic *(the cut sides)* all over it. *(If you or someone else absolutely can't stand garlic, don't worry, this part of the recipe is optional, and the garlic taste is very subtle when the dish has been cooked.)*

Coat the inside of the dish with a thin layer of butter a piece of kitchen paper with a small amount of butter on it.

Peel your potatoes and rinse them to get rid of any excess starch.

Slice your potatoes fairly thinly.

Put a layer of potatoes in the bottom of the dish until it is covered.

Add some salt *(not too much)* and some ground black pepper and dot small pieces of butter over the potatoes.

Do the same thing again with a second layer, and season and add butter.

Carry on till all the potatoes are layered evenly and then add a final touch of seasoning to the top.

Mix the cream and semi skimmed milk together and pour the lot over the potatoes.

Dot on the remaining butter.

Put the dish in the oven and leave for 30mins.

Turn the oven down to 180c and leave for a further 30mins.

Check on it after an hour. The potatoes should be cooked through and soft. If you try to stick a knife in, it should go through them easily. The top should be nicely browned.

Ideal to serve with steak, roast beef or lamb, chops or even on its own.