

# XCentric Ideas

My idea of heaven is a great big baked potato and someone to share it with.

Oprah Winfrey

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# Potatoes – Did you know?

## **Potato as an anti aging agent**

Wash your face daily with potato juice (raw potato can be ground with water) to prevent wrinkles on face and make your face glow.

## **Medicine for skin burn**

Take a raw sliced potato and make it as a paste by mixing water. Apply the paste on minor skin burns to relieve pain.

## **Medicine for headache**

Take a half sliced raw potato, and rub it on your temples to get relief from headache.

## **For tired eyes**

Place two round slices on your eyes to reduce the tiredness of your eyes.

## **Remove glue on hands**

Potato can remove glue from hands. Use Potato to wash hands when you find it hard to remove the stickiness on hands after handling some sticky vegetables like pumpkin.

## **As a shoe polish**

Rub a raw potato on your old, dirty shoes before polishing them. They should come out nice and shiny.

## **Act as a sleeping pill**

Potato prevents the action of acids in our stomach that disturb our sleep. Take a boiled and mashed potato with milk before sleeping to have a peaceful sleep.

## **As a polish on silverware**

Boil potatoes in some water and remove the potato from water. Place your silver ware in the water for an hour. Silver ware will glaze.

## **Extract salt for curry, soup**

If you found excess salt in curry or soup, toss some large sliced potatoes into the curry pot or soup bowl, still on the stove. In about 5 to 10 minutes the potato slices absorb the excess salt. Then remove them from the pot or bowl.

## **Keep glasses clear**

Rubbing a potato on the glasses can prevent them from fogging up in the early morning.

## **Lure worms in houseplants**

If the worms crawl around the roots of plants, place a sliced raw potato around the base of the plant. The worms crawl up to eat it, you can grab them out.

# Potato Balls



Superb for  
sundowners

Mashed potatoes  
Mayo OR smooth cottage cheese  
Finely grated biltong / crushed crisps

Mix the mash with only enough mayo/cottage cheese to form a stiff mixture.  
Roll out small balls on your palms, roll in biltong/crisps and serve.

# Potato Pâté



Mashed potatoes  
Mayo OR smooth cottage cheese  
Finely grated biltong / crushed crisps

Mix the mash with only enough mayo/cottage cheese to form a stiff mixture.  
Stir in biltong / crisps and serve with Melba toast or bread fingers as pâté.

# Potato Spring Roll



It is sooo yummy!!!  
Lovely and crunchy  
and feels 'low-fat' to  
me. Use different  
fillings.

Slices of brown bread, crusts removed  
Mashed potatoes  
Chilli pepper / cayenne pepper  
1 large egg yolk, mixed with 1 tbsp water  
Oil for frying

Season the mash with chilli pepper/cayenne pepper. Roll out each slice of bread thinly. Brush all the edges of each slice with the yolk-mixture. Put tsp of mash on bread slice, not touching the sides.

Roll up tightly and press the edges together to seal. Fry all over in oil till nice and brown. Drain on kitchen towel. Serve immediately as is or with a dipping sauce.

# Potato Bread



This bread is smashing with the Potato Pâté!

1 cup mashed potatoes  
¼ cup herbs  
1 cup milk  
2 cups self raising flour  
½ cup mozzarella cheese  
½ cup cheddar cheese  
Salt, pepper, paprika to taste

Preheat oven to 180 oC. Grease a bread loaf pan. Cream together potatoes, herbs and milk. Add the self-raising, cheeses and seasonings. Pour into bread pan and bake for 40 minutes.

# Mash with Cabbage



Serve with  
meat/curry/stew

2 cups potatoes, peeled, cooked  
½ cup milk  
1 big tbsp margarine  
Handful cabbage, finely cut  
Salt, pepper  
Cumin seeds

Mash the potatoes. Heat the milk and butter together and beat into mash with fork. Stir-fry the cabbage with cumin seeds in pot, stir in the mash, season and serve.

# Honey-Mustard Potato Salad



Let it refrigerate  
for few hours –  
the flavours are  
amazing!

Potatoes, peeled, cubed, cooked  
Honey Mustard Salad Dressing  
Mayonnaise  
Curry powder, to taste  
Boiled eggs, sliced  
Salt, pepper  
Fresh parsley, chopped

Mix the Honey Mustard salad dressing, mayonnaise, salt, pepper and curry powder together. Pour over the potatoes. Stir in the boiled eggs and parsley and chill.

# Potato-Raisin Biscotti



My first try at Biscotti and it came out great!

1 cup cooked mashed potatoes  
1/2 cup sugar  
1 cup milk  
2 cups self-rising flour  
1/2 teaspoon cinnamon  
1/4 teaspoon nutmeg  
1/4 teaspoon salt  
1 cup raisins

Preheat oven to 180 oC. Grease and bread loaf pan. Cream together potatoes, sugar and milk. Add flour, cinnamon, nutmeg, and salt. Fold in raisins. Bake for 40 minutes.

Let it cool for a bit, cut into slices and dry in oven at low heat for biscotti.

# An Anthology of the Potato

We praise all the flowers that we fancy  
Sip the nectar of fruit ere they're peeled,  
Ignoring the **common old tater**  
When, in fact, he's King of the Field.

Let us show the old boy we esteem him,  
Sort of **dig him up out of the mud**;  
Let us show him he shares our affections  
And crown him with glory—**Kind Spud**