

Mondstuk van die Suid-Afrikaanse aartappelbedryf • Mouthpiece of the South African potato industry

CHIPS

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**MARKMONITOR: DIE EERSTE
/ DRIE MAANDE VAN 2021
OP VARSPRODUKTEMARKTE**

**POTATO TUBER MOTH
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Limpopo producers**

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From soil to plate

Loaded family fries

Serves: 4

Ingredients:

- 8 large potatoes, washed.
- Sunflower or vegetable oil, for frying.
- 1 large tomato, chopped.
- 1 small red onion, chopped.
- 1 avocado, chopped.
- Small handful of fresh coriander, washed and chopped.
- ½ cup (125 ml) sour cream.
- A squeeze of lemon juice.
- Salt and pepper, to season.

Method:

1. Heat the oil in a large pot over medium-high heat.
2. While the oil is heating, cut the potatoes into fries and pat dry with absorbent kitchen paper towels.
3. Carefully drop a fry into the oil to test if it is hot enough. If it floats to the top, the oil is just right.
4. Carefully place the fries into the oil. It is best to do this in two batches to not overcrowd the pot.
5. Fry the potatoes for 8 to 10 minutes, or until cooked through and golden. Remove from the oil using a slotted spoon and drain on absorbent paper towels. Repeat with the second batch.
6. Place the fries on a large baking tray. Top with tomato, onion, avocado, coriander, and sour cream.
7. Add a squeeze of lemon juice and season with salt and pepper to taste.



Top potato tip

For those who like things even cheesier, add some grated cheese to the fries beforehand and pop under the grill for 1 to 2 minutes to melt. Then add the additional toppings. Serve warm for melty, cheesy goodness!