

Route 79 : Masala Potato Wedges

The effects of feeling hungry on the way home

May 20 2004

Masala Potato Wedges

If you like to snack on "chips" - or you need an alternative vegetable or carbohydrate accompaniment to your main dish - whether it be Indian style or not - then why not try home-made potato wedges? I know a lot of people who buy potato wedges in packets from Safeway or Marks & Spencer - and I often wonder why people would sacrifice the simply-gained pleasure of cooking them instead. After all - it's not as if it's hard.

Just get together some potatoes - any sort will do really. I had to use up some that were starting to develop shoots in my cupboard. Because of this - and also because the skin on them was not really that good for leaving on - I peeled mine - but the wedges will turn out better if you don't peel the skin.

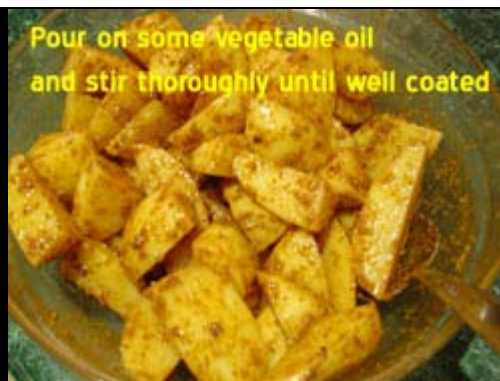
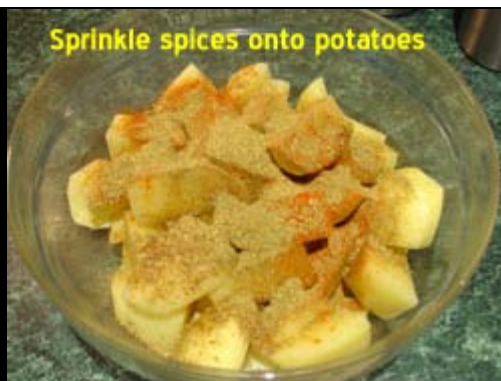


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You can use whatever spices you like. I used the ones shown in the above pic. You could use other spices instead - e.g. paprika - or cajun style - or jerk-chicken seasoning - or you could use dried herbs instead - say mixed herb - or oregano - or even use garlic salt - or simply just salt and black pepper. It's entirely up to you. (God I hate being so patronising.)

Just wash the potatoes - and (if you are leaving the skin on) then simply cut them up into wedges. For medium sized potatoes I cut them in half along their longest length - and then cut them into long strips about 3 cm thick - and then cut these again in half along their width.

Put all the potatoes into a mixing bowl. Pour on some vegetable oil - over the potatoes - doesn't matter if not all the potatoes get coated - you will be mixing them all up in the next step. Pour on about 2 tablespoons worth of oil. Then add the spices - and simply stir it all up until all the wedges are coated in the oily spice mixture.



Then lay out the uncooked wedges onto a hot baking tray (preheat the oven to 190 celcius) - and stick the tray in the oven to let them roast for about 25 mins - then take them out - turn all the wedges over (which should be browned on the underside by then) and roast for a further 20 mins or so. When the wedges look done - tase one - and if it's soft inside then it's done. Just serve up and eat!



You could serve the wedges with a salad if you like - or simply eat them with a dip or chutney - or ketchup. If you regularly buy potato wedges from Marks & Spencer - then try this - just once. You will never go back to supermarket ready-cook potatoes again!



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Have you tried this? Even if you haven't - let me know what you think!

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