Fresh Vegetable

POTATOES



Ref: POT-03

Italian name: Patate

Weight order: 5 kg

Description: The world's favourite root vegetable, the potato comes in innumerable varieties. A member of the nightshade family, like tomatoes and aubergines, it originated in South America and has been grown in Europe since the 16th century.

Season: all year round

Serving suggestion: Potatoes are prepared in many ways: skin-on or peeled, whole or cut up, with seasonings or without. The only requirement involves cooking to swell the starch granules. Most potato dishes are served hot, but some are first cooked, then served cold, notably potato salad and potato chips/crisps.

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