

## Roast potatoes for one

2 large potatoes

5 dessertspoons of olive or vegetable oil or goose fat

garlic or herbs (optional)

salt/pepper

1. Peel and quarter 2 large potatoes.
2. Boil for about 10-15 minutes (this is called par boiling, it makes sure that the potatoes are a bit cooked before they go in the oven).
3. Put the lid on the pan and shake to 'fluff up' the potatoes which should make them crispier.
4. Heat the oven to 200C/fan 180C/Gas Mark 6 and place a baking tray with 5 dessertspoons of oil or about 100g of goose fat and heat for about 10 minutes.
5. Add the potatoes to the baking tray – making sure you are careful as the oil/fat will be hot.
6. Try to coat the potatoes with the oil/fat by giving them a bit of stir/flipping them around.
7. If you want to add some chopped garlic or herbs sprinkle some on the potatoes.
8. Cook in the oven for 1 hour turning over about half way through.