



PRINCE EDWARD ISLAND POTATO BOARD

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Prince Edward Island Potatoes are Perfect for Summer Grilling!

CHARLOTTETOWN (July 31, 2012) - For many, meal preparation in the summer months is all about grilling on the barbeque, taking advantage of the summer weather as well as embracing quick and easy meal ideas. Prince Edward Island potatoes make the perfect accompaniment to any meal from the grill, as the versatility of the potato allows for a variety of different recipes and preparation techniques while being a very trouble-free food to prepare for even the most novice griller! Here are a few different ways to include potatoes in your summer barbeque or campfire meal!

New potatoes, fresh from the rich, red earth of PEI, are a treat of summertime and are incredibly simple to prepare for grilling. After washing, simply slice or dice new potatoes without even the need to peel. Place the sliced or diced potatoes on some aluminum foil or in an aluminum pie plate along with some butter or vegetable oil, chopped or sliced onion, chopped garlic, salt and pepper, and any other seasonings you prefer. Shape the aluminum foil into a sealed packet or cover the pie plate in aluminum foil and then place directly on the grill. The potatoes should cook in about 20-25 minutes on medium heat and can then be served directly from the foil packet, leaving you without any additional dishes to clean!

Do you prefer your potatoes baked? This is also a quick and simple way to prepare potatoes on the grill, and PEI Russet varieties (with new crop often available by late summer) are ideal for baking. Simply add a little oil or butter along with salt and pepper on top of a piece of aluminum foil large enough to completely jacket your potato. Poke four or five holes in the potato and then fully wrap in foil and place directly on the grill. The potato should fully bake in 30 to 40 minutes on medium heat, depending on the size of the potato. If you prefer a crispy skin on your potato, remove the foil jacket after baking for 20-30 minutes and bake the potato directly on the grill for the last 10 minutes. To tell if your potato is done, just poke the center with a toothpick. This is a great way to prepare potatoes whether you are cooking for just yourself or for many people – just keep adding more potatoes!

If you want to speed up the baking process, consider partially boiling your potatoes in water for 10-15 minutes before wrapping and placing on the grill for the last 5-10 minutes. Also, you can microwave each side for about 3 minutes before wrapping and placing on the grill for 5-10 minutes.

One of the great summer experiences on Prince Edward Island is cooking seafood like clams, fish, and lobster over a bonfire and hot coals. To include potatoes, just bury potatoes wrapped in aluminum foil directly in the coals! This is a very quick and easy way to prepare potatoes when camping or having a cookout on the shore, with minimum preparation time and clean-up after cooking!

What do these three methods of cooking potatoes have in common? They are all easy to prepare, only require some tin foil to cook them in, are easy to clean up, and are delicious! For recipes on preparing Prince Edward Island potatoes in a variety of different ways this summer, please visit www.peipotato.com.

Prince Edward Island potatoes are world renowned for the great taste and quality that comes from growing in the unique red soil of PEI. The potato industry in PEI creates a total economic impact of \$1.065 billion dollars and directly or indirectly employs over 12% of the Island workforce.

The **Prince Edward Island Potato Board** is a producer-controlled association dedicated to supporting the highest performance of the PEI potato industry.

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