

Spike Your Spuds

(NAPSA)—The next time you enjoy a fine, filling potato, you may care to consider that the earliest evidence of potato eating was found in Peru and dates back to 400 B.C. Potatoes were eaten and even worshipped in Incan culture, and through Spanish exploration made their way to many shores.

Still considered a star tuber, the potato is an excellent source of vitamin C, potassium and vitamin B6. It may be best known, however, for being tasty in a variety of dishes. The hands-down favorite combination is probably potato and cheese.

This recipe marries red potatoes with supermeltable and deliciously nutty Jarlsberg cheese, a solid source of calcium. Spiked with fresh, aromatic rosemary and seasoned with dry mustard, this simply satisfying skillet dish will likely become a favorite.

Jarlsberg Skillet Potatoes

- 1½ pounds new potatoes
- 1½ teaspoons fresh rosemary leaves
- ¼ cup extra virgin olive oil
- 1-2 tablespoons dry mustard, to taste
- Freshly ground black pepper
- 1 pound grated Jarlsberg (or Jarlsberg Lite) cheese

Preheat oven to 425°F. Slice potatoes wafer thin and drop them into cold water to avoid discoloration. Rub rosemary between fingers to break leaves and reserve. Heat oil in a 12-inch iron skillet. Drain and dry the potatoes thoroughly and add to skillet, cooking over medium-high heat. Occasionally shake pan gently to toss but not break potatoes. When potatoes are slightly limp, add rosemary



Potatoes and cheese make for a nutritious, delicious dish.

and sprinkle with mustard and pepper. Shake well to mix and press down with a spatula. Cook until brown and crisp on bottom, lifting carefully to check. Sprinkle grated cheese on top. While still hot from stove top, immediately place skillet in oven and bake 2-3 minutes, until cheese starts to bubble and brown. Slice and serve, 4 as a main dish, 8 as a side.

Variations:

- Instead of dry mustard, add a touch of saffron or smoked paprika. Top with grated aged Gran Maestre Manchego and cooked, crumbled chorizo.
- Eliminate dry mustard and rosemary. Top with crumbled fresh Chevrai goat cheese and sprinkle minced fresh chives and cooked, crumbled bacon.
- Top with grated Old Amsterdam (a Dutch-style Gouda) and thinly sliced, cooked kielbasa or smoked sausage. Thin, sliced tart apples are a delicious addition here and in the original dish, too (using fresh, chopped parsley or crumbled thyme, instead of rosemary).

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