

**Potato Cooking Guide**

**From 11th April 2018 Commission Regulation (EU) 2017/2158 on acrylamide mitigation in food will take effect.**

**What is Acrylamide?**

**A chemical formed by a reaction between amino acids and sugars when foods with high starch content such as potatoes, root vegetables and bread are cooked at high temperatures.**



**How to lower acrylamide:-**

Don’t store raw potatoes in the fridge if cooking at high temperatures.

Soak fresh potatoes for 30-120 minutes in & rinsed before frying.

Blanch if possible

**Go for Gold** – as a general rule, aim for a golden yellow colour or lighter when frying, baking, toasting or roasting potatoes and root vegetables.



**Cook to 2 and that will do……………..**