

Helen Brown Capital Recipe

Helen will be on the Drivetime show every Thursday from 6pm in "Foodie Thursday".



Potato Al Forno (Baked Potato)

Ingredients (serves 8)

- 1 kg white potatoes
- 2 white onions
- 2 bulbs of fennel with herby fronds attached
- 60ml semi skimmed milk
- 400ml double cream
- 6 anchovy fillets in oil
- 8 cloves garlic
- 15g fresh rosemary
- 6 bay leaves
- Nutmeg for grating
- 50g parmesan cheese

Method

Peel and finely slice the potatoes and onions to ½ cm thick. Trim the fennel, reserving any leafy tops and finely slice to the same thickness. Heat oven to 180°C/350°F. Pour the milk and cream into a non-stick pan. Add the chopped anchovies, the crushed but unpeeled garlic cloves, the rosemary twigs, bay leaves and finely grated nutmeg. Bring to a gentle boil, then turn off the heat and leave to infuse for a few minutes. Strain, reserving the milk. Add most of the parmesan cheese and season to taste with salt and black pepper.

In a baking dish, 25cm x 30cm, layer in the potato, onion and fennel slices. Pour over the cream mixture and finely grate over the remaining parmesan cheese. Cover the dish with foil and bake for 30 minutes. Remove the foil and bake for a further 45 minutes or until tender and golden. Remove from the oven and scatter over the reserved fennel tops.

Delicious served with cold or hot meats/roasts

Per serving

Calories – 378

Fat – 26g

Carbs – 28.4g