

OVEN ROASTED POTATOES

From David Moody

This recipe, which is a breeze to make, is a favorite in our house.

2 pounds new potatoes
1 head of garlic
1 medium onion (or 4 shallots)
4 carrots (optional)
4 parsnips (optional)
Olive oil
Several sprigs of rosemary or thyme, if you have them
Salt and pepper

1. Preheat the oven to 400°.
2. Clean the potatoes. Supermarket potatoes usually only require a rinse, but depending on how moist the soil is when they are pulled from the ground, the potatoes from the farm may be covered in dirt. The easiest way to clean them is to put all the potatoes in a bowl, add cold water, swish the potatoes around in the water for a few minutes and drain. Repeat this process 3 or 4 times until the potatoes are clean.
3. Depending on the size of the potatoes, you may want to cut them in halves or quarters. Because the potatoes are “new,” they don’t need to be peeled. They have only been growing a few months and have a very thin skin.
4. Peel the garlic, but leave each clove whole.
5. Peel the onions, cut them in half lengthwise, and then cut crosswise into ¼” strips. If using shallots, just peel them.
6. Peel the carrots and parsnips, and cut them into 2” lengths.
7. Toss all of the vegetables together with enough olive oil to lightly coat them. Place in a pan large enough to hold them in a single layer. Lay the sprigs of rosemary and thyme across the vegetables, if you are have them, and place the vegetables in the oven.
8. While they are baking, stir the vegetables from time to time with a spatula. If you have cut the potatoes into pieces, take the time to flip each potato onto a different surface – the side that is touching the pan will cook faster than the sides exposed to the hot oven.
9. Bake until the vegetables are tender, approximately 45 to 60 minutes. Remove and season with salt and pepper to taste. Serve.

Serves 4-6.