



# Pirton Hill Primary School

## Speedy Wedges



This is a quick recipe and produces as many wedges as you require by increasing the number of potatoes used.

### Ingredients:

- medium to small potatoes (see note 1)
- seasonings, herbs or spices (see note 2)
- spray oil or oil for brushing

*Note 1: Any potatoes will do for this recipe but keeping the same size will enable equal cooking in the first stage.*

*Note 2: You can use any combination of herbs or spices for these wedges: Piri Piri, Cajun or curry, any combination of herbs that you have in the house or just a little bit of salt and ground black pepper will taste great.*

### Method:

1. Preheat your oven to 160°C / gas mark 3.
2. Put the potatoes on a plate and cover with cling film.
3. Pierce the cling film several times.
4. Microwave on full power until they are cooked through. The time this takes will depend on the number of potatoes - usually about 1 minute per potato (so if you are cooking 3 potatoes at once this will take 3 minutes).
5. Remove the cling film and allow to cool for 5 minutes.
6. Cut the potatoes into wedges to the size you prefer and lay them on a baking sheet.
7. Spray the potatoes or brush lightly with oil.
8. Season with a little salt and then sprinkle over with the spice or herbs of your choice.
9. Bake for 15 - 20 minutes on the middle shelf to start with and move them up nearer the end to give them some colour if required.

*Note: By pre-cooking the potatoes in a microwave it maintains their moisture and stops the skins being tough!*

**All these recipes have been put together for the children of  
Pirton Hill Primary School.**