FAO

# POTATO OVENS AUSTRALASIA

Benefits

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## What should I look for when I buy potatoes for baking?

Clean washed potatoes from your supermarket or greengrocer are perfect. Always select the same sized potatoes and a good shape. Avoid any that are green.

## Which variety of potatoes is best for baking?

Most varieties of potatoes are suitable for baking although Desiree, Nadine, Colban and Serbago are the best.

# How should I prepare potatoes for baking?

Washed and graded potatoes need no preparation. No spiking, pricking or wrapping in silver foil is necessary.

#### How long should I bake potatoes for?

A typical 300gms potato should be cooked for approximately one hour. The cooking time will depend on the number of potatoes being cooked, the size of the potatoes, the oven temperature, the number of times the door is opened etc..

#### What nutritional value do potatoes have?

The typical values of a raw crop of potatoes eg. Desiree have the following nutritional values:

Energy	Water	Protein	Carbohydrate	Fibre	Vitamin C
75kcal	79g	2.1g	17.2g	1.6g	11mg

# Does the Oven get hot externally?

The canopy and underneath the oven do not get hot. The front and side panels get warm but never too warm to touch. The back cast-iron door does get hot but the door is designed to be opened without actually touching the door.

#### Can I cook other things in the oven?

Yes, it is a fan-forced oven, you can cook and heat up anything in it. Muffins, scones. slices are popular items cooked in these ovens.

#### Does the oven need a canopy or exhaust fan?

No. Australian regulations do not require the ovens to have an exhaust fan or canopy. Only gas ovens or ovens over 5000 watts are required to have an exhaust fan or canopy in Australia and New Zealand.



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