

How to Boil a Potato



A. Berkenhagen

Introduction

This booklet is written especially for those people who never have cooked for themselves.

I hope that after reading this book you will be able to buy, prepare, boil and eat one potato.

Have fun.

Disclaimer

You are going to use very dangerous equipment. The risk of using it is all yours. I am not responsible in case you hurt yourself or anyone else.

This book is for adults only, so if you are under 30 years old go and play outside.

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Chapter 1

First of all, go to your local greengrocer and ask for one potato of exactly 170 gram. This weight is important so do not accept a potato that weights more or less. If the greengrocer raises his eyebrows, just show him this book.

Make sure you choose the right potato because there are a lot of potato cultivars and not all are appropriate for you. This depends on your social status, religion, politics, the car you drive etc. etc. For example, a Catholic Irishman never eats a "British Queen" or a "Home Guard" cultivar. Same for a Frenchman and a "Red Pontiac". A well-known Dutch prime minister prefers the so called "Eigenheimer" cultivar.

It is best to consult your supplier which cultivar suits you. Take your time.



exactly 170 grams



Chapter 2

Carefully take the potato to your home.

So far so good.

Well done.



most convenient bag

Chapter 3

At home, put the potato on the kitchen table and let him rest and acclimatise for at least 24 hours. Your potato is very upset and that is not beneficial to the taste. Your potato must calm down and so must you. You did a very demanding job. Be patient!



Chapter 4

Next step. Wash your potato softly with lukewarm water, do not use soap. The potato likes it and so do you. Put the potato back on the table and let him dry in the open air.



Looks cute, like a baby seal

Chapter 5

As soon as the potato is dried, you have to face the most difficult and stressful part of the job. Think carefully, what you are going to do is irreversible.

You'll need a chopping board, tissue paper, a sharp butcher's knife that is at least 25 cm long plus a ruler. For your own safety, wear safety glasses, gloves and shoes.

Don't do this alone! Make sure someone is in hollering range!



your equipment

Chapter 6

Since it is inhuman to boil a living potato, you have to kill the potato first. There is no other way.

First you must bring yourself and your potato in the right state of mind. The best way to do so is by putting on some appropriate music. I suggest the Allegro from “Eine Kleine Nachtmusik” by Mozart.

After 4.5 minutes you should determine where the head of the potato is settled. This is not as difficult as it sounds. In the middle of his face you see those little eyes gazing lovingly into our own eyes. The head of your potato ends exactly 28 mm from the side where his face is.

Now lay your potato carefully on a clean chopping board with his head pointing to the right. From now on don't look him in the eyes.

Place a tissue on top of the potato, mark the end of his head with a ruler. Hold the butcher's knife firmly and cut straight through the paper, separating the head from the body. Usually the potato is dead instantly, sometimes after a little shaking.

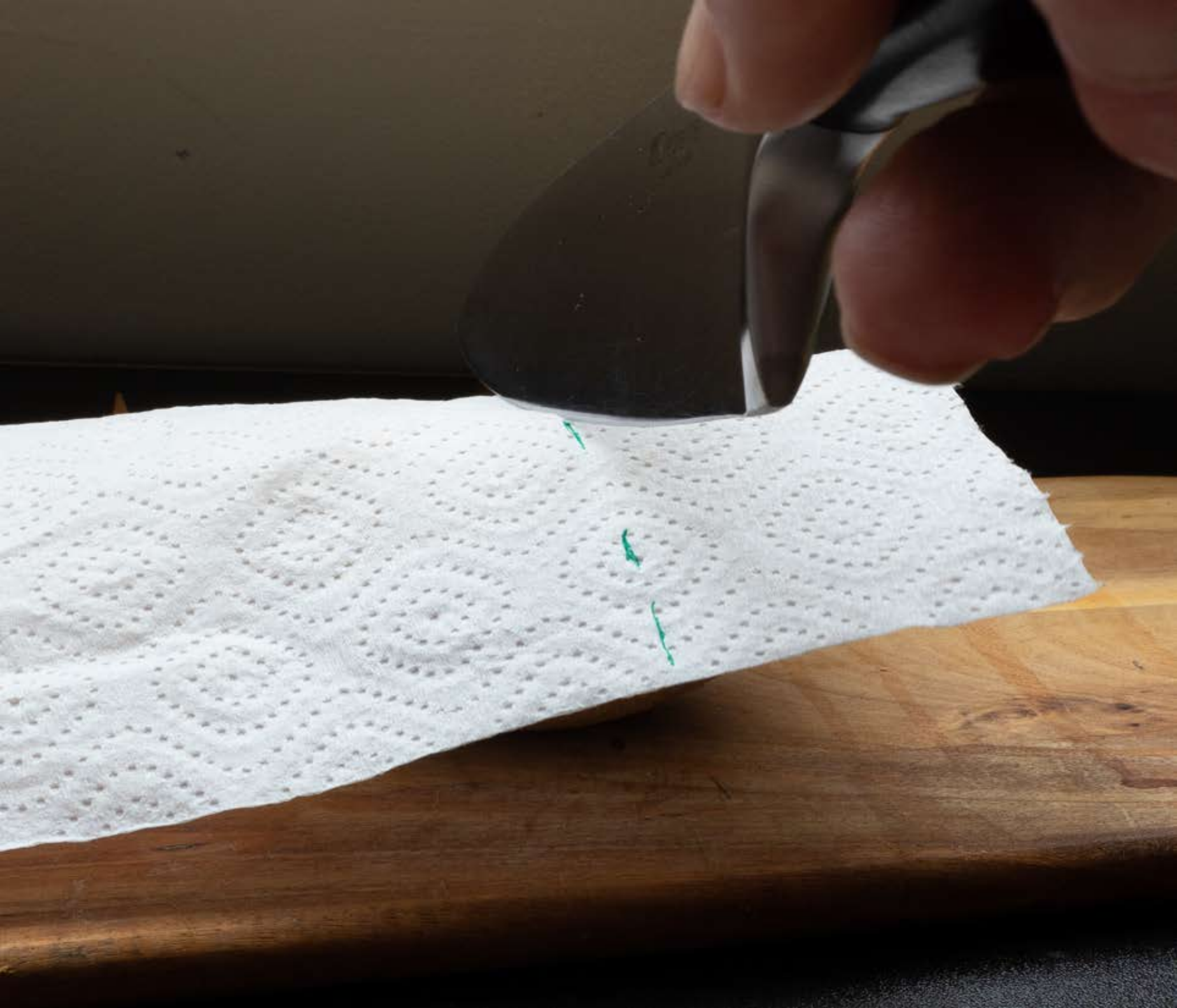
Remember, potatoes do not bleed. If you notice any blood it is probably yours.

Immediately throw away the slashed tissue paper containing the potato's head. Leave the rest of the tissue on the potato.

You are a hero, take a while to settle down. The first time is hardest on your feelings.



the most difficult part





Degrenne
Acier Forge

Chapter 7

The body of your potato is ready for further processing. The shape we wanted is a cube. Use the ruler again to determine the most efficient cubical size. With the butcher's knife cut the potato's body six times to get a perfect cube. From now on we call it the potato-cube.

Bring half a litre of cold water to the boil with 5,5 gram of sea salt and lower the potato-cube slowly into the water, then cook it for 18 minutes.

Drain and let the cube rest in the pan for up to 5 minutes.

Serve on a pre-heated plate placed on a nicely set table with six burning candles and linen napkins.

Enjoy your potato-cube, use knife and fork for heaven's sake.







Chapter 8

Congratulations, you boiled your first potato. Do this several times before you attempt to apply this procedure to multiple potatoes. Maybe you'll dream of a giant potato standing besides your bed with enormous knives in both his hands. Relax, the dreams will disappear after a while and potatoes have neither arms nor hands.



bon appetit

