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by ewfood

Potato Skins

Ingredients

4 large potatoes, washed and scrubbed but skins left on
1 oz. butter
2tsp. salt
4 oz. cheese, cheddar or gouda
4 strips smoked beef bacon (optional), diced
1 green onion, sliced
8 oz. sour cream, to serve

Preparation Time

20

min

Cooking Time

1

hr

Preparation

- 1 Preheat the oven to 180°C
- 2 Bake the potatoes until they are cooked, for about 30 minutes. Allow them to cool just enough so that you can handle them
- 3 Increase the temperature of the oven to 200°C
- 4 Quarter the potatoes and remove the meat with a spoon. You should leave about ½ cm of skin and potato
- 5 Rub the butter on both sides of the potato and sprinkle salt generously onto the skin side
- 6 Sprinkle grated cheese over the potato quarters and add the beef bacon and green onion on top
- 7 Return this to the oven for a further 30 minutes, or until the cheese has turned a golden colour
- 8 Serve with soured cream.

Cooks Note

Preparation time: 20 minutes; Cooking time: 1 hour; Serves 4; Remove the bacon for a vegetarian alternative
