Posted on 17 September 2012

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