

## Potato Peel Crisps

by Indigo Senior Infants

When peeling potatoes for mash or roast potatoes, don't throw them away, turn them into crisps.

Start off by washing your potato's thoroughly.

Using a potato peeler peel your potatoes as normal. Rinse and drain them, pat them dry, pop them in a bowl.

Then using either a little spray oil or 1 or 2 teaspoon(s) of oil, using your hands, toss the peels to coat them in a little oil, sprinkle with salt and a whatever seasonings you prefer (rosemary and salt is delicious, chilli flakes could be good for the more adventurous) and lie flat on an oven tray.

Take care not to overload the tray so they have space to crisp up, and cook in a hot fan oven at 185-175C until crisp, about 10 mins. Keep your eye on them as depending how thin they are, the cooking time will decrease.

Alternatively if you have a air fryer, pop them in there at 175/200 for about 6-10 minutes.