

PERFECT BAKED POTATOES

F EASY

Last Modified: 06/18/2018

PREP: 5 Min
COOK: 1 Hr
OVEN: 450

VEGETABLES

MAKES 4 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
4	Large	Starchy Potatoes (Russet ONLY)	Washed
2	Tbsp	Kosher Salt	
1/2	Cup	Water	
1 +/-	Pinches	Onion Powder (Skin Flavoring)	
AND / OR			
1 +/-	Pinches	Garlic Powder (Skin Flavoring)	
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste

PREPARATION

FACTOID	While simple, this is indeed a "perfect" Baked Potato - a crisp, crunchy skin and a light, fluffy inside. We can enjoy the entire Potato including the minerals in the skin..
CAUTION	You CANNOT bake a "perfect" Baked Potato without first purchasing a PERFECT raw Potato. Caringly inspect and select the 4 Potatoes, eliminating those that have ANY visible flaws. ALL 4 Potatoes MUST be close to the same physical weight and shape.
CAUTION	Steam trapped inside or moisture on the outside of a Baked Potato makes for a gooey, mushy inside and a soft Skin. Wrapping them in aluminum foil seals in the steam. Brushing them with Butter adds water to the outside - NEVER - EVER do either one.
TOOLS	1) Aluminum Half Sheet Pan & Wire Rack. 2) Medium Mixing Bowl. 3) Instant Read Thermometer.
PREP	DISH 1) Preheat the oven to 450 degrees with a rack in the center. 2) Lightly prick the Skin of each Potato on all sides with a fork and set them aside.
1	In a medium mixing bowl, , add in the Salt and Water and mix until the Salt dissolves. Roll each Potato in the Brine for 10 seconds and place them not touching on the wire rack in the sheet pan.
2	The baking time will vary due to differences in the size of the Potatoes currently available. Bake the Potatoes for 45 minutes to 1 hour. Test each in the center with an instant read thermometer for an internal temperature of 205 degrees. The probe should insert easily, indicating they are done
3	Brush the entire Skin of the Potatoes lightly with Vegetable Oil or better yet Duck or Bacon Fat and sprinkle them lightly with Onion (and/or Garlic) Powder and a little Black Pepper as you rotate them.
4	Bake the Potatoes for 10 minutes more. Remove from the oven and IMMEDIATELY cut a large "X" in the top of each to allow excess trapped steam to escape. Squeeze both ends tightly between your fingers and press your hands firmly together causing the insides to squish up evenly through the cuts and tearing the skin open. See Picture.
SERVE	Serve while hot with any optional Potato Toppings that you & your guests like on the side.

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