

## Fate Irish Potato Bread

### Ingredients

400g boiled potato (7 exchanges)

200g Fate Low Protein All-Purpose Mix

50ml oil

Salt to season

### Method

1. Mash the boiled potato until smooth and leave to cool.
2. Place the Fate All-Purpose mix into a bowl. Add the potato and the oil. Season with salt.
3. Stir the mixture well until it is smooth and it all comes together to form a kind of dough.
4. You may find it easier to use your hands.
5. Weigh 130g pieces of the mixture. Each piece will be 1 exchange.
6. Roll the dough out onto a surface lightly dusted with Fate All-Purpose Mix. Roll it out to a rectangular shape about 10cm x 18cm (4in x 7in) Keep the edges as straight as possible. Cut into two.
7. Heat a large frying pan or griddle over a moderate heat. Do not add any oil. Put in a couple of pieces of potato bread and leave to cook for a couple of minutes until the underside is brown. Turnover and cook for a further minute until cooked through and nicely browned.
8. Eat while hot, or leave to cool and then store in the fridge for a couple of days.
9. They freeze well. The potato bread is easily reheated in the microwave, wrapped in kitchen paper. It can also be reheated through in a warm pan or under the grill.

### Note

The potato breads are very tasty served with fried mushrooms and tomatoes at any time of day. It also makes a filling accompaniment to a low protein vegetable stew. It can be eaten as a snack warmed and spread with butter.

You can use leftover plain boiled mashed potato.

The whole recipe is 7 exchanges in total, making 7 pieces, each being 1 exchange.

