



Potato Flour



Potato Flour can stay fresh almost indefinitely in the freezer and 2 years at 40°F in the fridge. Potato Flour can be a good alternative for those with gluten allergies, diabetes, or heart disease. Potato Flour attracts and holds water, producing moist yeast bread with an excellent shelf life. Use potato flour as a thickener for smoother sauces, gravies and soups, and in gluten free cooking.

How to use Potato Flour

Can be substituted or as an addition to recipes

For general baking: Replace up to 1/4 of any wheat flour in a recipe or substitute 5/8 cup potato flour for 1 cup all-purpose flour.

For yeast breads: Replace up to 1/6 of the wheat flour in a bread recipe or substitute 5/8 cup potato flour for each cup of all-purpose flour.

Difference between Potato Flour and Potato Starch

Potato starch flour is the root starch of potatoes.

Potato flour is the powdered form of whole cooked dehydrated potatoes.

Both potato flour and starch should be stored in a cool, dry place, away from light.

How to Dehydrate your potatoes for the Flour:

Using a Dehydrator will be the safest option to prevent fires and get the most even drying needed to make an even flour. Set the dehydrator to 125°F for 8 to 10 hrs. or check your equipment's instruction booklet.

If you are using the sun method, The sun will quickly dry the potatoes, so make sure you check your potato slices at regular intervals – anything from 30-60 minute and turn them round. To make them dry quicker, when turning them place them slightly off the spot they have been drying previously. In a direct hot sun in the summer, this process should take about 4 hrs.

Potato Flour Recipe

Ingredients:

Potatoes (It takes approx. 1lbs of raw potatoes to make 2.8 cups of flour)

*Citric Acid- to make acidulated water to prevent browning while peeling potatoes.

Directions:

Wash the potatoes properly under water using a potato brush or scrub them with a sponge.

Slice the potatoes as thinly as you possibly can.

Place the potato slices on a baking tray (or large tray) lined with greaseproof paper.

Dry your potatoes as quickly as you can using the methods listed above (oven, dehydrator, direct sunlight, warm or hot room).

The drying step can take anything from 4 to 10 hrs. depending on which method you choose.

Process the potatoes in a blender or a food processor until you get fine texture.

Sieve the flour to get rid of large pieces (process them again or use to make mashed potatoes or to thicken soup)