

### **Jersey Royal New Potatoes**

The fabulous Jersey Royal new potatoes are back in season; available from April to Mid-June.

The early season potatoes are smaller and more tender, the later season ones larger and more flavourful. Look for unwashed potatoes; they travel better wearing a covering of earth.

Leave the skins on - most of the flavour and goodness lies just beneath the surface - and give them a wash. Steam or boil until tender and add fresh herbs such as mint, chives or parsley.

New Potatoes contain one-third more vitamin C than old potatoes.

New Potatoes are great in salads and as an accompaniment to delicately flavoured dishes like poached fish and chicken.