



Capstone
foster care

kids only!
**COOKERY
CORNER**

Penelope's Potato Wedges



makes 4 small bowls



preparation: 30 mins
cooking: 40 mins



shopping list...

4 large potatoes
120ml vegetable oil
1tbsp rock salt
1tbsp dried oregano



kitchen kit...

kitchen roll
knife
chopping board
large mixing bowl
baking tray
baking paper



what to do...

one:

Wash the potatoes in some warm water and carefully dry them using some kitchen roll.

two:

Ask a grown up to help you slice each potato into wedges - they can be as big or as small as you like.



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three:

Place the wedges and the vegetable oil in your mixing bowl and shake them gently so each one is coated.

four:

Add the salt and oregano and gently shake again - you want each one to be seasoned.



five:

Line your baking tray with some baking paper, and pre-heat the oven to 220° or Gas Mark 7 (you need a very hot oven to make them crispy and delicious).

six:

Lay out your wedges on your lined baking tray, making sure they don't overlap one another.

seven:

Bake for 20 minutes, then ask an adult to help you carefully take them out of the oven to turn each one over, then bake for another 20 minutes.



eight:

Wait for them to cool down, then pop them into bowls and enjoy! They are extra delicious served with sour cream or sweet chilli sauce.

*If you want something a little bit different, why not use sweet potatoes instead?

all done!

