



## Potato Salad

**In loving memory of Yvonne Morton**

**Modified by B.J. Thompson in collaboration with Chef Derek Roberts from Fraberts Fresh Food**

5lb potatoes  
7 hard-boiled eggs, mashed  
 $\frac{3}{4}$  Vidalia onion  
1 bunch of green onions  
1 bunch of radishes  
1 bunch of celery  
seasoned salt  
Mrs. Dash Lemon & Herbs  
salt & pepper  
paprika

1. Prepare the eggs by hard boiling, peeling and mashing them. Set aside one small portion to use as garnish.
2. Prepare all the vegetables by washing and dicing them.
3. Peel and dice the potatoes. Bring a large pot of water to a boil. Add salt and then add the potatoes. Cook until softened (approximately 25 minutes.) Drain and let cool for  $\frac{1}{2}$  hour. Mash the potatoes.
4. Add the chopped vegetables and the mashed eggs. Mix thoroughly.
5. Season the mixture with seasoned salt, Mrs. Dash Lemon & Herbs, salt and pepper. Mix thoroughly.



6. Prepare just ONE of the dressing options listed below. Add to the salad and mix thoroughly.
7. Let sit overnight. Stir well. Adjust seasonings if required.
8. Garnish with a small portion of hard boiled eggs & paprika.

### **Dressing Option #1 “Dill-icious”**

Mix the following ingredients and add to the potato salad:

- 1 ½ C      mayonnaise
- 3 T        grainy mustard
- 2 t        apple cider vinegar
- 2 t        dill pickle juice
- ½ C        chopped dill pickles
- 2 T        chopped fresh dill weed
- black pepper to taste

### **Dressing Option #2 “Blue Cheese”**

Mix the following ingredients and add to the potato salad:

- 1 ½ C      blue cheese salad dressing (375 mL bottle)
- ½ C        plain Greek yogurt
- ¾ C        chopped fresh parsley
- 1 T        apple cider vinegar
- 1 lb        bacon (cooked, drained & cooled)

### **Dressing Option #3 “Onions 3 Ways”**

Mix the following ingredients and add to the potato salad:

- 1 C        mayonnaise
- 1 C        caramelized onions
- 1 t        Frank’s Red Hot Sauce
- 1 lb        bacon (cooked, drained & cooled)
- 2 C        shredded three cheese blend



## **Grandma Morton's Tips To Make A Perfect Potato Salad**

- The best potato salad is made the day before you plan on serving it. This allows the flavours to soak into the potatoes.
- Add the vegetables, eggs, seasonings and dressing while the potatoes are still warm.
- Always go lightly when you are adding the spices (especially with Mrs. Dash.) It is easy to add more spices but you can never take them out! You have added enough spices when the hint of flavours comes through in a taste test.
- Mix the salad until you feel like your arm may fall off! The potatoes will be sticky and you need to really work the vegetables, seasonings and dressing into the mashed potatoes. Otherwise the salad will have large chunks of bland potatoes.
- When taste testing the salad the next day, it is sometimes necessary to add more seasonings and dressing. This is a subjective procedure. The potato salad should have hints of flavouring from the seasonings but not overpowering. It should be moist but not soaked with dressing.