



## Potato Salad

**In loving memory of Yvonne Morton**

**Modified by the partnership of B.J. Thompson and 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  
 $\frac{3}{4}$  C          mayonnaise  
 $\frac{3}{4}$  C          Fraberts Dressing (recipe below)  
                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. Bring a large pot of water to a boil. Peel and dice the potatoes. When the water is hard boiling, 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 Fraberts Dressing as detailed below. Mix  $\frac{3}{4}$  C with the mayonnaise and stir. 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.

### **Fraberts Dressing**

Mix the following ingredients in a mason jar with a tight fitting lid. Shake vigorously:

2 C	canola oil
$\frac{1}{2}$ C	honey
1 & $\frac{1}{2}$ C	apple cider vinegar
3 T	tamari*
3 T	Dijon mustard
1 T	garlic powder
2 t	seasoned salt
1 t	celery salt
pinch	black pepper

\* Tamari is gluten free soy sauce you can find at most grocery stores. Soy sauce would be an acceptable substitute.

### **Note from Chef Derek**

Fraberts dressing is very versatile. You can use it in salads or as a marinade for meats and vegetables.



## **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.