

'Out of Bron's Kitchen'

Roasted potato skins

Scrub the potatoes and remove any dirt. Peel them with a knife, trying to get the same thickness and keep the peel aside. Don't waste the peeled potato; use them to make the 'Potato, bacon and leek soup'. In a plastic snap lock bag place the skins, 2 tablespoons plain flour and 1 tablespoon of Moroccan seasoning or all purpose seasoning powder. Give them all a great big shake and carefully lay them on a lightly greased oven tray making sure they are all separate. Sprinkle lightly with sea salt and bake in a mod/hot oven 180-190oC for 30 minutes or until golden and crunchy. Serve in a bowl topped with sour cream, sweet chili sauce and grated cheese liberally sprinkled over the top. Variations – sprinkle skins three-quarters the way through their cooking time with parmesan cheese and use avocado mashed with a squeeze of lime juice to top before serving.