



# TYPES OF POTATOES

A quick guide to cooking the right potato for your dish.

There are three types of potatoes that you can buy at the store or grow in your garden.

## 1 STARCHY POTATOES

Starchy potatoes are low in moisture but high in starch content, resulting in a whiter-colored flesh and a floury texture. This potato type is often larger and has thicker skin than the waxy variety.

## 2 WAXY POTATOES

A waxy potato is high in sugar and moisture while containing low levels of starch. They often have waxy skin and flesh that's firm and creamy. Waxy potatoes are often smaller than the starchy variety.

## 3 ALL-PURPOSE POTATOES

All purpose potatoes are a versatile option that can be used in any recipe that calls for potatoes. Their starch levels are in between waxy and starchy varieties.

Around the world, there are around 5000 potato varieties; however, in the United States, there are roughly 200 types of potatoes commercially available.



# How to cook different types of potatoes



## **Mashed**

Starchy potatoes like Russets provide the fluffiest mash.



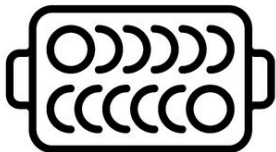
## **French fries**

Starchy potatoes provide a crispy exterior with a soft inside.



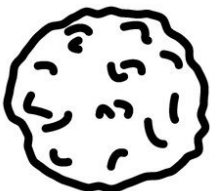
## **Potato salad**

Waxy potato varieties hold their shape best once boiled.



## **Scalloped potatoes**

Waxy potato varieties hold their shape best and offer a pleasant firm texture.



## **Potato pancakes**

Starchy potatoes like Russets and Yukon Golds help bind the other ingredients together best.



## **Boiled**

Waxy potato varieties hold their shape best and offer a pleasant firm texture.



## **Baked or Roasted**

Any variety of potato is suitable for these cooking methods.



## **Hasselback**

Waxy potato varieties hold their shape best when slow-cooked in liquid.



# POTATO VARIETIES

---

Common potatoes  
grouped by type

## STARCHY POTATOES

- Russets
- Idaho
- Maris Piper
- Vitelotte
- Sweet Potatoes
- King Edward

## WAXY POTATOES

- French Fingerling
- Charlotte
- Russian Banana
- Rose Finn Apple
- Red Thumb
- Red Bliss

## ALL-PURPOSE POTATOES

- Desiree
- Yukon Gold
- Kennebec
- All Blue
- Purple Majesty

## Quick tips for storing potatoes

1. Potatoes should be stored in a cool, dry position away from light to avoid greening. For best results, avoid refrigerating.
2. To avoid flavor transfer, store potatoes away from other produce like onions, garlic, pears, and apples.
3. Potatoes are best eaten within one week, but they will store for several weeks before they need to be discarded.
4. Once potatoes are sliced up, transfer them to a bowl of cold water for up to 2 hours to keep them from browning.