



**Allotment Gardening In North Essex -- At Home In The Kitchen**

## **Baked Jacket Potato with Cheese**

### **Ingredients: 2 portions**

2 large or 4 medium potatoes  
50g 2oz butter  
25g 1oz grated Parmesan cheese or cheddar cheese  
pinch of salt and pepper

### **Note:**

I only had small size potatoes so the pictures of the potatoes will be smaller than they should be. Its not trick photography

Try some different fillings added to the mixture i.e. cooked onion, garlic, ham, tuna. herbs and spices.

### **Method:**

1. Scrub potatoes well
2. Make a 2mm deep incision round the potato
3. Place on a bed of salt on a tray in a hot oven 230-250c
4. Bake for approx 1hr. Turn potatoes over after 30min
5. Test by holding the potato in a cloth and squeezing gently; if cooked it should feel soft
6. Cut the potatoes in halves, lengthwise
7. Remove the potato from the skins using a spoon
8. Place the potato flesh into a basin
9. Add half the butter, season with salt and pepper
10. lightly mash mixture
11. Refill half the potato skins with the mixture
12. Place on a baking tray
13. Sprinkle with the grated cheese and the rest of the butter
14. Place in the oven 200c until golden brown
15. Serve