

Potato Bake



Serves	6
Prep time	20 minutes
Cook time	1 hour, 15 minutes
Total time	1 hour, 35 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	Amines Challenge , RPAH Elimination Diet - Amines Allowed , RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Main Dish , Side Dish
Misc	Child Friendly , Pre-preparable , Serve Cold , Serve Hot

Ingredients

- 1/2 Large Leek (thinly sliced)
- Canola oil spray
- 1/4 cup Light sour cream or light smooth ricotta
- 1 cup Vegetable Stock (refer to basics page)
- 1 heaped teaspoon Minced garlic
- 1.5kg Potatoes (peeled and thinly sliced)
- Salt

Optional

- 1/2 cup Cheese (amines) (grated)

Directions

1. Preheat the oven to 200 C. Lightly spray a 20cm baking dish.
2. Place the leeks in a microwave safe container and lightly spray with oil. Cook, uncovered on high for 2 minutes, or until soft.
3. Whisk together the stock, sour cream/ricotta, garlic and salt in jug with a fork.
4. Arrange 1/4 of the potatoes and leek over the base of the dish. Pour 1/4 of the stock mixture over the top. Repeat 3 times.
5. Cover with foil and bake for 45 minutes, or until the potatoes are just tender.
6. Remove from the oven and remove the foil. Lightly spray with cooking oil. Add the cheese on top (optional) and season with salt. Bake uncovered for another 30 minutes, or until the edges are crisp.

Note

Low Chemical / Failsafe, Amines if yellow cheese is used.

Refer to basics for [vegetable stock recipe](#).