

BAKED POTATOES WITH CHEESE, SWEET CORN & SPRING ONIONS



Who doesn't love baked potatoes, especially when it's a little cold outside! It's the perfect comfort food and I'm all for them, not only because they're very filling, but because they're also very versatile. You can stuff them with a myriad of fillings and you'd never get bored. Eat them on their own as a main meal, or

have them as an accompaniment to a juicy stake, fish or chicken – whatever your fancy, they always hit the spot! Here is one of my favourite ways to eat them. Pair them with a delicious fresh salad and a dollop of creamy Greek yoghurt, and you've got instant happiness on a plate!

I hope you enjoy them, too.

Yields:

6-8 servings

Prep. Time:

0 hours **25** minutes

Cook Time:

1 hour **25-30** minutes

Total Time:

1 hours **50-55** minutes



Up to **2** months



Suitable from **12** months, skip the spring onion and reduce the cheese



Not suitable for vegans



Suitable for vegetarians

INGREDIENTS

- 6 medium-large potatoes
- ½ cup full fat milk
- 50 gr butter
- 150g cream cheese
- 100g grated Cheddar
- 100g grated Gouda
- 100g grated Emmental
- 1 garlic clove, finely grated
- 1-2 spring onions, finely chopped
- 200g sweet corn
- ¼ tsp turmeric
- 1-2 tsp salt
- 1-2 tsp pepper

METHOD

1. Preheat the oven at 250C/482F.
2. Make sure the cream cheese is at room temperature.
3. Wash and scrub the potatoes really well, dry and pierce with a fork all over.
4. Individually wrap each potato in silver foil, place on a baking tray, and place in the oven for about an hour. Depending on the size of the potatoes, they may need more time in the oven. To know if they're ready, take one out of the oven, unwrap the silver foil, and see if a fork slides into it easily – it should be soft. If it isn't, re-wrap, and continue baking.
5. Once the potatoes are properly baked, take them out of their silver foil wrappings, and carefully slice them in half. **Warning:** they will be very hot, so make sure you don't burn yourself.
6. With a tablespoon, scoop out most of the softened potato, making sure not to break the sides, and empty the filling in a large bowl. You should be left with hollowed out potato skins that look like little empty boats.
7. Place the potato boats back on the baking tray.
8. In the meantime, in a small saucepan, heat up the butter and milk. Don't skip this step – I promise you it makes a difference adding warm milk and butter!
9. Use a *Microplane* or rasp grater to finely grate the garlic clove into the milk/butter mixture – you want the garlicky taste, but not chunks of garlic.
10. Add the salt, pepper and turmeric, and stir until the butter is melted.
11. Once the milky/buttery combo is hot, pour it into the scooped-out potatoes.
12. Finely chop the spring onions, and add them to the mix.
13. Also add the cream cheese, the sweet corn and half of all the different cheeses (Cheddar/Gouda/Emmental).
14. Mix well until all the ingredients come together.
15. Don't overmix, though, as you don't want a toothpaste consistency – it's good to have some small chunks of potato.
16. Once it's all mixed, spoon about 2 heaped tablespoons into each potato skin boat.
17. Sprinkle the remaining cheeses (Cheddar/Gouda/Emmental) on each potato, and bake until the potatoes are golden brown on top.
18. You can chop a little parsley and sprinkle it over the potatoes.

19. Serve the potatoes as an accompaniment to protein, or eat as a main course with some fresh salad and a dollop of Greek yoghurt on the side.
20. You can freeze baked potatoes, but I think the texture changes after a while, so I wouldn't do that...still, it *is* possible.
21. If you do want to freeze a baked potato, then freeze each one separately, once it's cooled down completely, in individual freezer bags.
22. You can also bake the potatoes in advance, mix the filling, place it back in the potato boats, and then bake them with some grated cheese on another day – they last 3-4 days in the refrigerator.
23. You can also speed up the time of baking by placing them in a microwave, but since we don't own one, I'm giving you old-fashioned baking times. 😊