



# Peter's PIRATE'S GOLD

Serves 4

(Chef Michael, Peter and Belinda use organic ingredients whenever possible.)

2 lbs. Russet potatoes (about 4 medium potatoes),  
peeled and cut into chunks

2 ears of fresh yellow corn or one 14oz. can of  
nibbled corn, drained

1 Tablespoon olive oil

1 small onion, diced

2 large (or 4 small) carrots, peeled and sliced into  
penny-sized pieces

1 sprig of fresh thyme (optional)

1 Tablespoon butter

1/4 cup low-fat sour cream

1 cup warmed low-fat milk

1 pinch of salt (very small amount taken between  
your thumb and forefinger)

Pepper

- Place potatoes in medium pot and cover with cold water. Add a pinch of salt.
- Bring water to a boil, turn down and simmer until potatoes are soft (about 30-40 minutes).

## While the potatoes are cooking...

- Shuck the ears of corn and rinse (if you're using fresh corn).
- Have an adult carefully cut the kernels off the cob.
- Drizzle the olive oil into a medium sauté pan.
- Sauté the onion first until it's clear, and then add the carrot slices.
- Turn down the heat, cover and cook for about 10 minutes, stirring occasionally.
- Add a touch of water if it begins to stick.
- Put the fresh or canned corn in with the carrots and onions and continue to simmer, covered, for 8 minutes.
- Add salt and pepper to taste.
- Taste the vegetables to see if they are slightly soft.

—over—

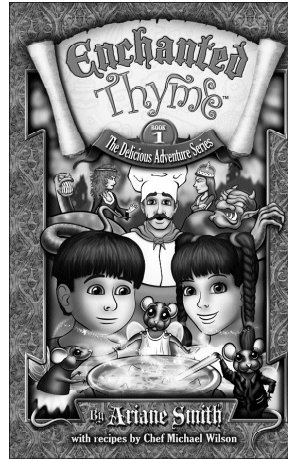
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- Add the thyme and cook for 2 more minutes.
- Poke potatoes with fork (or sword) to check if they are done ...

### ... when done;

- Drain potatoes. Then return them to pot. Add butter.
- Mash with potato masher or sturdy whisk.
- Fold in sour cream and warm milk.
- Season with salt and pepper.
- Place corn and carrot mixture in the bottom of each serving bowl.
- Cover with mashed potatoes and serve.

NOW DIG THROUGH THE POTATOES TO FIND THE PIRATE'S GOLD AT THE BOTTOM AND DON'T FORGET TO EXCLAIM "AAAARGH!" AND "AHOY, MATE-Y!" WHILE YOU EAT IT.



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Recipes by Michael Wilson

Line illustrations by Andy Roth

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