

Roasted Fingerling Potatoes With Saffron Breadcrumbs

Serves 4 to 6

High-quality saffron can be ungodly expensive, but this dish does just fine with the less expensive versions.

1 tablespoon ghee (or substitute olive oil, unsalted butter, or a combination of the two)

1 pound fingerling potatoes

Kosher salt, to taste

Fresh black pepper, to taste

Half a slice of stale bread or English muffin (makes about $\frac{1}{2}$ cup crumbs)

Pinch of saffron threads

Instructions: Preheat the oven to 375°. Heat ghee in a

cast iron pan that will hold all the potatoes without excessive crowding. When the ghee is very hot, add the potatoes, sprinkle generously with salt and pepper, and cook over medium-high heat for about 5 minutes, until browning barely starts.

Meanwhile, make the breadcrumbs. Tear up half a slice of stale bread (English muffins work surprisingly well) and place the pieces in a coffee grinder, along with the saffron threads. Process until well mixed, shaking the grinder a bit as you go.



Craig Lee / Special to The Chronicle; styling by Julia Mitchell

Add the breadcrumbs to the potatoes, stir well, and cook for about 2 minutes, or until the breadcrumbs begin to brown.

Transfer pan to oven, and roast for about 20 minutes, or until the potatoes are tender.

Adjust for salt, and serve hot.

Per serving: 138 calories, 3 g protein, 27 g carbohydrate, 2 g fat (1 g saturated), 5 mg cholesterol, 32 mg sodium, 2 g fiber.

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