



Recipe from: [My Catholic Tradition](#)

## CRISP POTATO SKINS WITH CHILLI CHEESE DIP

Serves 4–6

6 medium potatoes (about 2-3 lbs)

Oil, for shallow-frying

### **Chilli Cheese Dip**

1 tbsp oil

1 small onion, finely chopped

1 garlic clove, crushed

1 tsp mild chilli powder

3/4 cup sour cream

2 cups grated Cheddar cheese

PREHEAT OVEN to 415°F.

Scrub the potatoes and dry thoroughly.

Do not peel.

Prick each potato twice with a fork.

Bake for 1 hour, until skins are crisp and flesh is soft when pierced with a knife.

Turn once during cooking.

Remove from the oven and cool.

Cut the potatoes in half and scoop out flesh, leaving about 1 inch of potato in the shell.

Set aside the flesh for another use.

Cut each half into three wedges.

Heat the oil in a medium heavy-based pan.

Gently place batches of potato skins into moderately hot oil.

Cook for 1–2 minutes, or until golden and crispy.

Drain on the paper towels.

Serve immediately with Chilli Cheese Dip.

### **To make Chilli Cheese Dip:**

Heat the oil in a small pan.

Add the onion and cook over a medium heat 2 minutes, or until soft.

Add the garlic and chilli powder, cook 1 minute, stirring.

Add the sour cream.

Stir until it is warm and thinned down slightly.

Add the cheese and stir until melted and mixture is almost smooth.

Serve hot.