

Parmentier Potatoes are a perfect example of how simplicity meets finesse. I first mastered them while training in the UK, where I learned the beauty of classic French technique. Named after Antoine-Augustin Parmentier, who made potatoes a French staple, this dish shines in the fall when the harvest is at its best. Back home in Bermuda,

I love serving them with grilled fish — crispy, golden, and comforting, they bring a little French elegance to island warmth.



- Ingredients
- 4 medium potatoes (Yukon Gold or Maris Piper), peeled and cut into 1-inch cubes
- 2 tbsp olive oil
- 1 tbsp butter (optional for richness)
- 2 garlic cloves, lightly crushed
- 1 tsp fresh thyme leaves (or ½ tsp dried)
- Salt and freshly ground black pepper, to taste
- Chopped parsley, for garnish



Parmentier Potatoes



Serves: 4



Prep Time: 10 mins |

Cook Time: 25 mins |

Total Time: 35 mins

Method

1. Preheat the Oven:
2. Set your oven to 200°C (400°F) and line a baking tray with parchment paper.
3. Prepare the Potatoes:
4. Parboil the potato cubes in salted boiling water for about 5 minutes until just tender. Drain and let them steam dry for a few minutes.
5. Season and Roast:
6. Toss the potatoes with olive oil, butter, garlic, thyme, salt, and pepper until evenly coated. Spread on the baking tray in a single layer.
7. Roast to Perfection:
8. Bake for 20–25 minutes, turning once halfway through, until golden and crisp on all sides.
9. Finish and Serve:
10. Discard the garlic, sprinkle with chopped parsley, and serve hot as a side dish or part of a Sunday roast.

CHEF WILL'S TIPS:

- Chef Will |
- "I first learned about Parmentier Potatoes while perfecting my French techniques in the UK — they're a beautiful lesson in simplicity and precision. Named after Antoine-Augustin Parmentier, the man who popularized potatoes in France, this dish takes humble ingredients and transforms them into something elegant. Back home in Bermuda, they pair perfectly with grilled fish or roasted meats, bringing a touch of French finesse to island comfort food."
- Chef William Smith Local
- www.williamsmithkitchen.com
- [#WillSmithKitchen](#) "Bringing Local Flavor to Every Table"