

## View from the Fridge – Recipes from Brian Donkin

### Recipe # 56 – Quick Baked Potato

*Preparation time: 1 min – Cooking time: 10 mins*

#### Ingredients

1 potato, scrubbed clean  
1 pinch of salt  
½ teaspoon olive oil  
a knob of butter

#### Method

1. Pierce the potato all over with a fork
2. Rub in the salt and olive oil and put in microwave on high heat for 5 minutes
3. Turn over and microwave for a further 5 minutes
4. Take out of microwave and stand for 1 minute
5. Make a criss-cross cut on the top, push up from sides and serve with a knob of butter

*Serves 1*

