

# Michael's German Potato Salad

*Michael Symon*  
*Good Housekeeping Magazine*

## Servings: 6

*8 ounces thick-cut bacon, chopped*  
*2 pounds golden potatoes, cut into*  
*1/2-inch slices*  
*1/4 teaspoon salt*  
*2 sprigs rosemary*  
*2 tablespoons beer or water*  
*1/2 medium onion, chopped*  
*2 cloves garlic, thinly sliced*  
*1 teaspoon caraway seeds*  
*1 small bunch green onions, thinly*  
*sliced*  
*1/2 cup malt vinegar*  
*2 tablespoons grainy mustard*  
*2 tablespoons fresh parsley, finely*  
*chopped*  
*1 1/2 tablespoons sugar*  
*3/4 teaspoon salt*  
*1/2 teaspoon pepper*

## Preparation Time: 20 minutes

Heat the grill on medium.

In a twelve-inch skillet, cook the bacon on medium for 8 minutes or until golden brown and crisp, stirring frequently. With a slotted spoon, transfer the bacon to a paper towel-lined plate. Set aside. Reserve the fat in the skillet.

Tear off two large sheets of heavy-duty foil. Spread the potatoes on one sheet. Sprinkle with 1/4 teaspoon of salt. Top with the rosemary and drizzle with beer and three tablespoons of bacon fat. Place the other sheet of foil on top. Fold the edges of the foil together and crimp together tightly to seal.

Grill, covered, for 20 to 25 minutes or until the potatoes are tender.

While the potatoes cook, discard all but two tablespoons of the bacon fat from the skillet. Heat the skillet on medium heat. Add the onion. Cook for 4 to 5 minutes or until brown, stirring occasionally.

Add the garlic and caraway seeds. Cook for 30 seconds, stirring. Transfer the contents of the skillet to a large bowl. Let cool slightly.

To the bowl with the saute'd onion, add the green onions, vinegar, mustard, parsley, sugar, 3/4 teaspoon of salt and 1/4 teaspoon of pepper. Whisk until combined.

Discard the rosemary and add the potatoes to the bowl along with the bacon. Stir until well coated.

Serve the salad warm.

Start to Finish Time: 55 minutes

---

Per Serving (excluding unknown items): 28 Calories; 1g Fat (18.4% calories from fat); 1g Protein; 6g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 426mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fat; 0 Other Carbohydrates.

## Per Serving Nutritional Analysis

Calories (kcal):	28	Vitamin B6 (mg):	trace
% Calories from Fat:	18.4%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	71.9%	Thiamin B1 (mg):	trace
% Calories from Protein:	9.6%	Riboflavin B2 (mg):	trace
Total Fat (g):	1g	Folacin (mcg):	6mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0.0%
Carbohydrate (g):	6g		
Dietary Fiber (g):	1g		
Protein (g):	1g		
Sodium (mg):	426mg		
Potassium (mg):	57mg		
Calcium (mg):	33mg		
Iron (mg):	1mg		
Zinc (mg):	trace		
Vitamin C (mg):	4mg		
Vitamin A (i.u.):	111IU		
Vitamin A (r.e.):	11RE		

## Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

Calories 28      Calories from Fat: 5

### % Daily Values\*

<b>Total Fat</b>	1g	1%
Saturated Fat	trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	426mg	18%
<b>Total Carbohydrates</b>	6g	2%
Dietary Fiber	1g	4%
<b>Protein</b>	1g	
<b>Vitamin A</b>		2%
<b>Vitamin C</b>		6%
<b>Calcium</b>		3%
<b>Iron</b>		4%

\* Percent Daily Values are based on a 2000 calorie diet.