

Potatoes-Mashed Potatoes

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Ingredients: Serves 8

4 lb Medium Potatoes
8 Tbl Unsalted Butter (1-stick)*
1/2 cup Heavy Cream (add more for desired consistency)*
1 Tbl Salt
1/2 cup Cheese, Cheddar, grated
6 Tbl Chopped chives or parsley or watercress
* Substitute Butter & Cream with Buttermilk or stock.

Procedure:

Cut 4-lbs potatoes into 1-inch pieces, place in large pot of boiling water, cooking until just soft, about 20-minutes.

Mash, or using a ricer or mixer at slow speed, add the stick of butter then the 1/2 cup of cream and Tbl salt or to taste.

If serving immediately, fold the 6 Tbl of herbs in at this time you may also want to add 1/2 cup of grated cheddar cheese (The herbs may turn brown if left in too long before serving). Use any of the following ideas as well:

1. Russet Potatoes seem the best because of their greater starch content.
2. If you leave the skins on, be sure to cut them smaller so as not to have large pieces of skin in the finished product.
3. Cook the potatoes in milk to make them smoother
4. Pre-Baked potatoes also work well.
5. Do not over-beat the potatoes; they will turn sticky and starchy---gummy.

Ideas for other additives:

1. Make a paste of roasted garlic or onions and stir in just before serving.
2. Mash yams or sweet potatoes along with the white potatoes to give a nice golden effect and

flavor.

Left-over mashed potatoes are great in patties: Shape into patties using an ice cream scoop for even sizing, shape on parchment paper, flatten slightly, dip in beaten egg and breadcrumbs. Refrigerate for 1-hour and fry until brown.

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