

# Mashed Potatoes

## Quick & Easy



**TIP:** To ensure the best flavor and consistency, make fresh mashed potatoes right before serving them.

**Preparation Time:** 5 minutes

**Total Cooking Time:** 20-25 minutes

### Ingredients

(for 4-6)

4 Idaho (or Russet) Potatoes

Milk or Heavy Cream

Butter or Margarine

Salt

Ground Black Pepper



### Equipment

Medium Sized Pot

Vegetable or Dish Brush (you can also use your hands as shown in step 1)

Vegetable Peeler

Sharp Knife

Cutting Board

Colander

Potato Masher (can be substituted by big spoon)

Big Spoon

Timer (oven clock, egg timer, watch)



1. Either quickly brush or hand clean loose dirt from the **potatoes** under tap water.



or



2. Peel the **potato skins** with a vegetable peeler and give the **peeled potatoes** another quick rinse under tap water to remove any dirt from peeling.



3. Cut the **peeled potatoes** in half lengthwise, then into strips about  $\frac{1}{2}$  -  $\frac{3}{4}$  inch wide, and finally into cubes also about  $\frac{1}{2}$  -  $\frac{3}{4}$  inch wide.



cut in half



cut strips



cut cross section cubes

4. Put the **potatoes** into the pot, add water until the **potatoes** are just covered, then put the pot on the stove and turn on the burner to **HIGH**.



5. Cook until the water comes to a rapid boil as shown here (this will take a few minutes). Then...



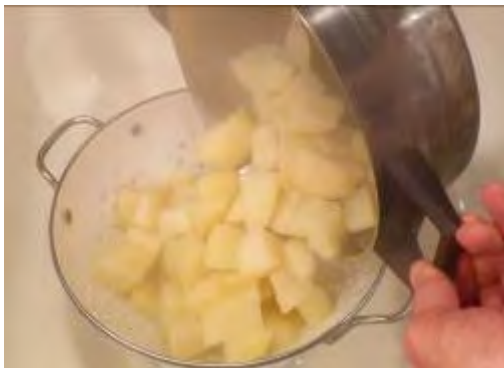
...turn down the burner heat to **LOW-MEDIUM** (to keep the water from boiling over) and set the cooking timer for 15 minutes.



6. When the timer sounds, check the **potatoes** for doneness by driving the tip of a knife into one of the thickest **potato pieces** in the pot. The **potatoes** are cooked through when they are soft throughout. If the **potatoes** are still firm in the middle, keep cooking until they are soft throughout without letting them cook so much they fall apart on their own.



7. When the **potatoes** are done, pour them with the water into a colander in the sink and let them drain.



8. Put the pot back on the stove, turn the burner heat down to **LOW**, and add 4 tablespoons of **butter** or **margarine** (use the wrapper as a guide as shown in the middle photo below).



9. Pour the **cooked potatoes** from the colander into the pot as the **butter** or **margarine** melts. Then...



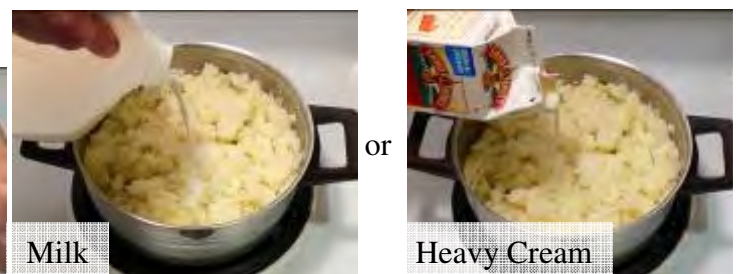
...mash the **potatoes** using either a potato masher (left) or big spoon (right) until they look like...



...this.



10. This step has to be done by feel – but it's easy – because it all depends on the **cooked potato** moisture content and whether or not you're using **milk** or **heavy cream**. So, start off adding a good splash of either **milk** (left) or **heavy cream** (right). Then...



...stir and...



...keep adding and mixing in small amounts of either **milk** or **heavy cream** until the **mashed potatoes** are smooth, not lumpy, but still firm in consistency as shown here.



serving bowl with a big spoon and serve warm.



11. Add and mix in as much **salt** and **ground black pepper** as shown below (more **salt** and **pepper** can always be added at the table according to individual tastes).



12. Finish by scooping the **mashed potatoes** into a