

MASHED POTATOES

INGREDIENTS

- 1 1/2 lbs (680 g) Yukon Gold potatoes, peeled and cut lengthwise into quarters
- 1/2 teaspoon salt
- 4 tablespoons (60 ml) heavy cream
- 2 tablespoons (30 g) butter
- 1 tablespoon milk (or more)
- Salt and pepper

METHOD

1 Cover peeled, cut potatoes with cold, salted water, simmer until tender: Place the peeled and cut potatoes into a medium saucepan. Add cold water to the pan until the potatoes are covered by at least an inch. Add a half teaspoon of salt to the water.

Turn the heat to high, and bring the water to a boil. Reduce the heat to low to maintain a simmer, and cover. Cook for 15 to 20 minutes, or until you can easily poke through the potatoes with a fork.

2 Melt butter, warm cream: While the potatoes are cooking, melt the butter and warm the cream. You can heat them together in a pan on the stove or in the microwave.

3 Drain cooked potatoes, mash with butter, cream, milk: When the potatoes are done, drain the water and place the steaming hot potatoes into a large bowl. Pour the heated cream and melted butter over the potatoes.

Mash the potatoes with a potato masher. Then use a strong wooden spoon (a metal spoon might bend) to beat further.

Add milk and beat until the mashed potatoes are smooth. Don't over-beat the potatoes or the mashed potatoes will end up gluey.

Add salt and pepper to taste.