

MealThymes

Personal Chef Service



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MealThymes' Fluffy Mashed Potatoes

In today's fast-food lifestyle, many of us have forgotten what real, honest-to-goodness, homemade mashed potatoes taste like. We have become content with that starchy, processed side dish that comes with our 8 or 10 piece family bucket of chicken. This holiday season, try making the real thing. It's easy to do and with the help of your slow-cooker, can be made almost foolproof.

There are two tricks to good mashed potatoes: keep everything hot and do not use any type of beater or mixer. Writing an exact recipe is difficult because of differing potato sizes and number of people eating. Below is a very simple formula which can be adjusted for portions and potato sizes.

You will need:

Ingredients

1 – 2 large Russet (Idaho spud) potatoes per guest.
½ stick of real, unsalted butter per 4 (or so) potatoes.
Some type of dairy liquid: Milk (whole), Buttermilk, Half & Half, or Cream
Kosher Salt
White Pepper

Equipment

One large pot
One slow cooker
Large colander
Potato ricer or food mill (available at any good cooking retailer)
Large rubber or silicon spatula
(Please note that nowhere on this list do I mention a mixer of any sort!)

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Method

- Fill your large pot with water about 2/3 of the way full. Add a good amount of kosher salt and stir. The water should taste salty.
- Peel and cut potatoes into large chunks, placing in the pot of water when ready.
- Heat pot over high heat and boil. The potatoes are done when a small paring knife easily pierces and releases from the potatoes.
- While your potatoes are boiling, warm your milk or other dairy product in the sauce pot.
- Put butter in your large bowl or extra pot.
- Drain the potatoes in the colander.
- **Immediately** press potatoes through the ricer or foodmill into your reserve bowl or pot that has the butter in it. You need to work quickly so the potatoes stay hot. If they cool, they will become starchy.
- Once all of your potatoes have been processed, add your milk or other dairy product, a little at a time, stirring with your spatula between additions. Add enough dairy to get the consistency you want. Taste and add white pepper and additional salt (if necessary). You can also add any other additions or seasonings at this time.
- Keep your potatoes warm on the stove top (ON LOW) or in the oven until ready to serve. You may want to add a bit more dairy and stir just prior to serving. If you are going to be keeping them warm, holding, for a period of time, make the potatoes a bit looser in the beginning. They will thicken up by dinner time.
- For Thanksgiving & Christmas, when every burner on my stove is occupied, I like using my slow cooker to keep the potatoes warm.

Additions/Variations

- Dijon Mustard (start with one tablespoon)
- Smashed roasted garlic cloves (about one roasted clove per 2 potatoes)
- Finely chopped fresh chives
- Sour Cream (substitute this for some of your dairy liquid)
- White or black truffle oil (a little goes a long way)

I hope that during this holiday season you will try making these potatoes. I would love to hear from you about how they turn out.