

# Mashed Potatoes



⌚ Prep: 10-15 minutes

⌚ Cook: 20-25 minutes



Serves: 2

## Recipe info

### Ingredients

700g potatoes  
1 litre boiling water  
150ml milk  
Salt and pepper

### Equipment

Weighing scales  
Peeler  
Sharp knife  
Chopping board  
Measuring jug  
Kettle  
Large saucepan with lid  
Colander  
Small saucepan  
Potato masher  
Mixing spoon



## Description

A common way to serve potatoes that is also great to use as a garnish or topping for a variety of dishes.

## Method / What to do

1. Peel and cut potatoes into chunks.
2. Put the potatoes in saucepan with the water and a pinch of salt.
3. Cover with lid and simmer for 20 minutes or until the potatoes are tender.
4. Drain the potatoes in the colander and return to the pan.
5. Heat the milk gently in the small saucepan until boiling.
6. Pour the milk over the potatoes and mash until smooth.
7. Season with pepper and serve immediately.

## Teaching points

- ⊗ Microwave the potatoes to save time. See microwave method below.
- ⊗ Add a dash of lemon juice to the cooking water to help preserve the colour of the potatoes.

## Microwave method:

- 1) Prepare the potatoes as shown in point 1 above.
- 2) Place the potatoes in a microwaveable dish with 2 tbsp of water.
- 3) Cover the top of the dish with Clingfilm and pierce a few holes in the top.
- 4) Cook on full power (800w) for 6-8 minutes. Allow to stand for 1-2 minutes before serving.

## Variations

A few added ingredients can transform mash into a perfect side dish.

- ⊗ Apple mash: Add a grated red skinned apple with a bit of lemon juice.
- ⊗ Horseradish mash: Add 1 or 2 teaspoons of horseradish sauce to the mash just before serving.