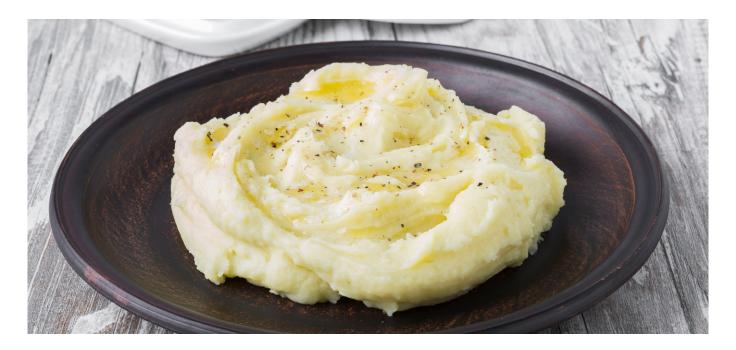




Classic Mashed Potatoes



PREP TIME: 10 minutes
COOK TIME: 10 minutes

SERVES: 8

CALORIES PER SERVING: 238

INGREDIENTS

4 large russet potatoes (about 2 pounds total)
☐1 teaspoon salt, plus more to taste
☐ 3/4 cup milk
6 tablespoon unsalted butter
freshly ground pepper, to taste

INSTRUCTIONS

- 1: Peel the potatoes and rinse under cold water.
 Cut each into quarters and place in a 2.5 to 4-liter saucepan. Cover with cold water, partially cover the pot, and bring the water to a boil over high heat.
- 2: Uncover, add the salt, and reduce the heat so that the water boils gently. Cook until the potatoes are tender when pierced with a fork, about 10-12 minutes.
- 3: Meanwhile, in a small saucepan, heat the milk and butter together until the butter has melted and the mixture is hot but not boiling.
- 4: Drain the potatoes and return them to the warm pan over low heat for 1 minute to evaporate any excess water. Use a potato masher, ricer, or food mill to mash the potatoes.
- 5: Stir in the milk and butter mixture into the potatoes, a little at a time, until the potatoes are as soft and moist as you like. Season with salt and pepper, to taste. Serve immediately, or keep warm in the top of a double-boiler, or cover and rewarm in a microwave oven.

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