

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.

NOTE: Allergies are not considered as part of these recipes, please consider the ingredients with your personal allergy requirements in mind.