

MASHED POTATOES



INGREDIENTS:

- 6 Yukon Gold (or Yellow) Potatoes
- 4 Tbls Butter minimum
- 1/2 Cup Whole Milk
- Salt & Pepper

STEP ONE: PEEL THE POTATOES

Wash and peel the potatoes. If you're one of those people that likes a little skin in your mashed potatoes, then wash, SCRUB, and peel the potatoes.

Cut them in quarters and let them soak in a pot of cold water until ready to boil them, up to 4 hours. I already googled why for you — it pulls some of the starch out so that they don't become paste.



STEP FOUR: MASH THE POTATOES



Mash the potatoes in the pot for about 2 minutes or until they are smoothish. Then add the butter/milk mixture and stir until you've reached your desired level of creaminess. Add salt, pepper, and more butter to taste.

If you need to heat them up again, put them in the oven, covered, for about 10-15 minutes at 450°F. Use oven mitts to take them out — (Yes, I burned myself for a second time here).



STEP TWO: BOIL THE POTATOES

Boil a pot of water with a healthy dash of salt (about 2 Tbls, if you insist on measuring). Take the potatoes out of their cold-water bath and cook them for 15-20 minutes, or until you can cut them easily with a butter knife. Drain the potatoes and put them back in the same pot.



STEP THREE: MELT THE BUTTER

While the potatoes are boiling, melt the butter (I use 10 Tbls) and the milk in a saucepan until steaming. This is a really complicated step, which is why I included so many photos here. In the last one, you can see me get too close to the pan as I went for the close-up, burn myself, and jump back. That part is optional.