

APPLE MASH POTATO 蘋果土豆泥



Serves 6

Preparation time: 5minutes

Cooking time: 10minutes

Ingredients:

1lb potato peel and cube, boiled
1lb Fuji apple cored, peel and cube
2 tablespoon oil
2 tablespoon sugar
1teaspoon lemon juice
½ teaspoon salt
¼ nutmeg
Roasted walnut (optional)

配料：

1 磅土豆皮和立方體，煮熟
1 磅富士蘋果去核，去皮和切塊
2 湯匙油
2 湯匙糖
1 茶匙檸檬汁
½茶匙鹽
¼肉荳蔻
烤核桃（取決於您）

Cooking Method

1. In a medium saucepan with minimum heat, add sugar and apple cook until fragrant, and then add lemon juice and water cook until apples start falling part or when water complete absorbed.
2. Turn the heat to low and add boiled potatoes and cooked apples with a hand masher, slowly adding in oil, it the mash seems too dry, add some cooking water until you get the consistency you like best. Season with salt and nutmeg.
3. Served with roasted walnut

烹飪方法

1. 在中火的鍋中，用最少的熱量，加糖和蘋果煮至香，然後加檸檬汁和水煮至蘋果開始掉落或水完全吸收。
2. 調低火勢，然後用手動搗碎器將煮的土豆和煮熟的蘋果加到鍋裡，慢慢加入油，搗碎似乎太乾了，再加一些烹飪水，直到達到最理想的稠度為止。用鹽和肉荳蔻調味
3. 配烤核桃