

# Mashed Potato

## Introduction

This is not rocket science but it might help if you are making mashed potato to top something such as Cottage Pie, or just wanting mashed potato to have in the freezer.

### Ingredients

- 1kg bag of white potato (gives about 800g of mashed potato)
- Splash of semi-skimmed milk
- Big knob of butter
- Salt & Pepper

## Options

- You can use full-fat milk for a creamier – but less healthy - option
- You can add chopped garlic but don't add too much that it becomes over-powering
- You can add some grated cheese – but watch out for allergies.

## Equipment

- Tattie Peeler
- Large, sharp, knife
- Spatula
- Large Pot
- Kettle
- Sieve or Colander

## Preparation

There's not much to prepare other than peel the tatties!

- Boil a kettle of water

## Method

Boil a kettle of water

Peel & wash the potato

Cut them into slices. (*See Techniques below*)

Add to the pot and rinse a couple of times.

Empty the cold water out the pot then put it on a high heat.

Immediately add the boiling water and return to the boil. Note the cold potatoes will cool the water. Add some salt to your own taste.

Once the pot has returned to the boil, turn down the heat and simmer for 10 minutes.

Test them with a fork – they should be soft. You may need to return them to the heat for a further 5 – 10 minutes depending on the thickness of the slices.

Remove the potatoes from the heat and drain off the water using a sieve or colander.

Return the potatoes to the pot and place over a medium heat.

Use the spatula to keep moving the potato. The objective here is to boil off any residual water and dry the potatoes. This will start to break up the potato – which is fine.

Keep it moving and don't allow the potato to stick to the pot or to burn.

The potato will still be hot – allowing the butter to melt.

Add the butter, milk and seasoning then mash the potato to a smooth consistency.

## Portions

Number of portions      12 balls of  
about 70g  
each.

## Storage

This can be served fresh but also ideal for freezing in a plastic tray or for a mashed topping in foil trays for individual meals.

Allow to cool before freezing

## Topping With Mashed Potato

Add two ice-cream scoops of mashed potato to the top and use two forks to spread it over the meat. Keep the potato below the lower rim of the foil tray so we can fit the lid.



*Note that my ice-cream scoop creates balls of mashed potato that are about 70g.*

## Heating & Serving

Heating instructions from frozen are a guide only.

See the individual recipes where potato has been used as a topping for a main meal.

Instructions here are for potato mash that has been frozen and thawed in a plastic tub.



3 min  
Stir  
2 min

*Adjust times if heating from frozen.*

## Technique

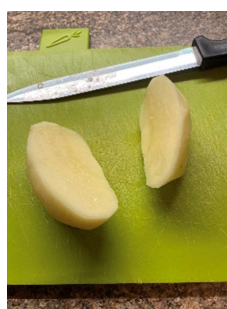
### Slicing Potato

Slicing potato for mashing allows them to cook much quicker.

The thickness of the slices does not really matter as they will be getting mashed anyway.

Just don't have wafer-thin, or brick-thick slices!

Note: It is much safer if we have a flat cut to lie the potato face-down for future cuts. The first cut will not have a flat bottom – but all cuts after that will, and that reduces the chance of the potato rocking or the knife slipping.



*Cut the potato along its length.*



*Turn them over for slicing. We want a flat bottom for all other cuts.*



*Tuck your fingertips under so the edge of the knife can't get near them.*



*Now it's easy to slice the potato without it rolling about the board and without getting your fingers cut!*