

Mashed Potatoes

6 servings • Category: Side Dish • Generated by Nutrifax

Ingredients

- 1000 g Potatoes (russet, flesh and skin, raw (Includes foods for USDA's Food Distribution Program))
- 4 tbsp Butter (salted)
- 1/2 cup Milk (whole, 3.25% milkfat, with added vitamin D)
- 2 tbsp Cream (fluid, heavy whipping)
- 1 tsp Salt (table)
- 1/4 × 5 ml whole Spices (pepper, black)

Instructions

1. Peel the potatoes and cut into 1-inch cubes. Place in a large pot and cover with cold water by 1 inch. Add 1 teaspoon salt.
2. Bring to a boil over high heat, then reduce to medium. Cook for 15–20 minutes until the potatoes are fork-tender.
3. Drain the potatoes and return them to the pot. Let them steam dry for 2 minutes.
4. Add the butter and mash with a potato masher or ricer until smooth.
5. Warm the milk and cream together. Gradually add to the potatoes, stirring until creamy and fluffy.
6. Season with salt and pepper. Serve immediately or keep warm in a covered pot.