



MASHED POTATOES

Servings: 4-6

Do the monster mash! Looking for an easy side that isn't rice? Look no further. I also make mashed potatoes when I feel I can use a slight work out, too. Cooking and staying healthy, right?

INGREDIENTS:

2 tbsps	SCS Unsalted Butter
2	Idaho Potatoes (Note: use floury potatoes)
100ml	Fresh Milk
1/4 tsp	McCormick Nutmeg

Salt & Pepper (To taste)

1. Place the potatoes (with skin on) in cold water. Salt the water generously.
2. Simmer and cook for 20 to 30 minutes.
3. Test doneness of the potatoes with a small knife; it should pierce easily.
4. When the potatoes are cooked, remove from water and allow to cool until cold to the touch.
5. Skin the potatoes.
6. Put potatoes in a pot and mash with a fork or potato masher.
7. In a separate sauce pot, pour in half of the milk and half of the cream, warm it up (note: do not boil).
8. Put mashed potatoes in a pan and, under low fire, gradually add in the remaining milk and cream. Mix until well blended.
9. Once the consistency is correct, add in cold butter a little at time and mix well (note: do not use a whisk).
10. Add in nutmeg and season according to taste.