

## Real Mashed Potatoes

Serves 6    metric measures

2 pounds russet potatoes                      .5 kg

$\frac{3}{4}$  cup liquid                                        180 gm

2 tablespoons butter or oil                    30 gm

Salt and pepper to taste

### Notes:

The amounts of these ingredients are estimates. Sometimes the potatoes absorb more liquid. Or you may like them more moist, or more dry.

You can use many different liquids. Gluten free chicken broth, or any kind of milk works. Choose your favorite. Milk includes all kinds of cow milk- whole, reduced fat, skim, or lactose free. Other kinds of milk that work include soy, rice, nut, or seed milks. Use unsweetened and unflavored varieties.

### Instructions:

Peel and dice potatoes. Put into a covered saucepan and cover with water. Bring to a simmer and cook until the potatoes are tender, about 20 minutes.

The total length of time to cook varies depending on the type of potatoes you use, the age of the potatoes, the size of the chunks, and how many you are cooking. Check them after 15 minutes.

Drain the water. Add about  $\frac{1}{4}$  cup liquid and butter to the potatoes.

Mash potatoes, adding more liquid as needed, about  $\frac{1}{4}$  cup at a time. Season with salt and pepper to taste.

To hold for 15 minutes: remove from the heat, cover the pan, and move to the back of the stove.

To hold for up to an hour: remove from the heat, cover the pan and move to the back of the stove. Just before serving, uncover and warm the potatoes over medium heat. Stir to prevent browning or burning. Add additional liquid if needed.

### Nutrition information for potatoes:

<http://whfoods.org/genpage.php?tname=foodspice&dbid=48#descr>

### Types of potatoes:

<http://www.foodsubs.com/Potatoes.html>

**Kitchen Therapy**  
[www.kitchentherapy.us](http://www.kitchentherapy.us)

**Linda Simon, R.D., C.P.C.**  
<http://blog.kitchentherapy.us>