

Mashed Potatoes – Pure & Simple

8 servings

The key to avoiding lumps in your mashed potatoes actually has more to do with the kind of spud you start out with than the style of masher you use. Russets tend to make fluffy mashed potatoes, and Yukon Golds yield a silky texture.

Ingredients:

*3½ pounds Russet or Yukon Gold
potatoes, peeled & quartered*

*4 tablespoons (½ stick) butter, cut into
pieces*

1 teaspoon salt plus more for cooking

¾ cup milk (or half-and-half)

1. Place potatoes in a 3-quart saucepan and cover with salted water. Bring to boil over high heat; reduce heat to medium. Cook potatoes until fork-tender – about 30 minutes. Drain and return potatoes to saucepan.
2. Add half of the butter. Using a potato masher, mash butter into potatoes until well combined. Add the milk and salt. Mash together until light and fluffy.
3. Transfer potatoes to serving bowl and stir in remaining butter. Serve immediately.

Data per serving

Calories.....	316	Carbohydrates.....	44g	Cholesterol.....	39mg
Protein.....	5g	Fiber.....	3g		
Fat.....	14g	Sodium.....	383mg		

Originally from Country Living, November 1999?