

Taste is in our nature



The best potato mash

Serves 4-5

The butter makes this a voluptuous dish. Make it an occasional treat. It's a bit uncomfortable peeling the skin off the hot potatoes but worth the pain.

INGREDIENTS:

- 1.3kg floury potatoes
- 120g butter
- 120ml hot, full cream milk
- salt
- freshly ground pepper

DIRECTIONS:

Wash the potatoes then put them in a large saucepan and cover them completely with cold water. Add a good teaspoon salt.

Bring to the boil, reduce heat to a constant simmer, and cook until tender. Drain, and peel immediately. (You'll soon find out the meaning of a 'hot potato'.)

Put the peeled potatoes back in the saucepan over the heat until they dry completely. Add the butter and pepper and mash until smooth. A metal masher seems to work best. Then add the hot milk and beat with a wooden spoon until fluffy. Taste for salt and pepper then serve immediately.

Note: rubber gloves help with the pain level.

HOT TIPS FOR GREAT POTATO MASH:

To make a fluffy, smooth mash you will get the best results from a floury potato. The Tasmanian Department of Primary Industries and Water recommends Bismark, Brownell, Pontiac, Sebago and Tasman. Desiree, Bintje, Russets, Maris Piper or King Edward work well too. The butter is important, as is the salt, so there will be some people who will have to miss out on this voluptuous dish.

Add hot milk when mashing potatoes to get a creamier result. NEVER cream or puree potatoes in a food processor, as you will end up with a glue-like mixture.

Jazz up potato mash with a handful of freshly chopped Italian parsley or chopped chives, or add a tablespoon of seeded mustard. Grated tangy cheese is also delicious as an addition, especially with a smoked fish pie.

Combine mashed potato with a mash of parsnip, swede, sweet potato or celeriac. Leftover mash is great for 'bubble and squeak' or potato cakes or to top a shepherd's pie.

www.tasteisinournature.com.au

*Tassie potatoes
are bursting with
potatoneess*