



Gratitude and GOODNESS

TIPS AND TRICKS FOR THE PERFECT HOLIDAY MEAL

Tips for Making the Best Mashed Potatoes Ever

I like to think of myself as a bit of a mashed potato expert. Mostly my qualifications are I really, really like mashed potatoes and I've made a lot of batches of mashed potatoes. I've been a mashed potato lover since I was young. My grandma would make extra just because she knew I would eat several helpings. I see my daughter taking the same path since I literally made her some smashed potatoes for an after school snack tonight, the genes are strong. Mashed Potatoes are likely a staple at most Thanksgiving tables and I want to give you my best tips for making sure your mashed potatoes will be the hit of the meal.

What Kind of Potato to Use? Yukon Gold Potatoes are my #1 choice. They are a starchy potato that is less likely to end up with a gluey texture like a red or new potato. But they have a bit more of a buttery flavor than a regular russet that makes them perfect for mashed potatoes.

Best Way to Cook Potatoes? Boil the potatoes with the skin on- this protects the potatoes from getting too much water inside which can then make the potatoes have less flavor. After they are done, you can take a knife and slice the skin off. It comes off pretty easily after boiling.

Speaking of Boiling- Add the potatoes to a pot of non boiling water. Salt the water in a large pot, place the potatoes in the water and then turn the heat on medium high. This helps the potatoes to evenly cook all the way through and you aren't left with some mushy parts and some harder parts.

Mash the Potatoes While They Are Still Hot- The potatoes mash more easily and the ingredients combine better if the potatoes remain warm. A good way to do this is drain the water and put the potatoes back in the same pot you cooked them in. You can do the mashing right in there and that pot will keep them warm longer.

Use Room Temperature Ingredients- Room temperature ingredients combine so much better than cold ones. This also means less chance of over mixing trying to get clumps out and your potatoes will stay warm.

Add the Fat First- Add the butter, sour cream or cream cheese first then add the milk. This will help to keep the potatoes nice and creamy.

Add Little Bits of Liquid at a Time- Adding small amounts of the milk at a time then mixing allows the potatoes to absorb the liquid easier and you are able to control how much you need overall to get the best consistency.

Butter, Lots of Butter- Not really a tip, but know you should use a lot more butter than you think should be allowed.

Taste Along the Way- Add a little salt at a time and taste throughout. You can always add more, you can't take it out.

Keep Them Warm After- Best to finish the mashed potatoes as close to meal time as possible, but in the meantime, my Grandma seems to have the still trusty best trick of placing a clean kitchen towel over the top of the serving dish to keep in the heat.



Happy Holidays!

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