

# The best Mashed Potato ever!



Mashed potato is a simple addition to any meal and is easy and quick to make. The variety of additional ingredients that it is possible to add gives a finishing touch to the potato that makes this a special component of your meal.

## Basic Ingredients:

700g of smooth potatoes peeled and cut into chunks  
150ml milk  
salt  
freshly ground black pepper

## Good Potato Varieties:

Desiree, Kestrel, Armour, King Edward, Maris Piper, Casablanca, Swift

## Basic Method:

Put potatoes in saucepan with just enough water to cover them.

Bring to the boil, then reduce heat and cover with a lid. Simmer for about 20 minutes until tender, then drain.

Heat the milk to the boil and then pour over the potatoes. Mash until smooth, then season to taste.

## Additional Ingredients:

### Creamed Mash:

The addition of cream and butter will make the mash much richer, but it may not be good for your cholesterol reading!

### Herb Mash:

Mix in a combination of fresh herbs for additional flavour with particular meals. Try basil or thyme with a tomato based dish, or parsley, oregano or dill with chicken or fish recipes.

**Chives and Cream Cheese Mash:**

The addition of chopped chives with a wedge of cream cheese makes a lovely mash which is will provide a tangy and tasty meal.

**Mash for a beef dish:**

The addition of horseradish sauce or caramelised onions to a bowl of mash for a beef based meal can add considerably to the flavour.

**Mash for a pork dish:**

The addition of a grated eating apple, tossed in a little lemon juice just before serving can make a big difference to the mash.

**More additions to try:**

Wholegrain mustard, minced garlic, different cheese types or a pesto variety can make the mash suitable for different meals.

**Please send us your suggestions and we will add them to this page!**