

MASHED POTATOES

FRESH AND FLUFFY MASHED POTATOES THAT PAIR PERFECTLY WITH THIS MONTH'S SHEPARD'S PIE



Yield: 8 – Serving Size: 6 oz. – Prep Time: 20 Minutes



Ingredients:

6 Cups – Russet Potatoes, Peeled, Large Dice
1 ¼ Cups - Heavy Cream
8 Tbsp. - Unsalted Butter, Diced (1 Stick)
1 ½ Tbsp. – Salt
¼ tsp. - Black Pepper

1) In a medium sized pot add the peeled and diced russet potatoes. Fill the pot with water to cover the potatoes and place over high heat. Stirring occasionally allow the potatoes to come to a boil. Reduce the pot to a simmer and allow the potatoes to cook until they are fork tender. Strain.





2) In a mixer or a mixing bowl add the russet potatoes. Begin to mash the potatoes until all large pieces have been broken down. Add the butter to the potatoes and begin to mix until all the butter is melted. This can be done in a stand mixer or by hand with a whisk or a hand held mixer.

2) Once all the butter is melted add the cream, salt and black pepper to the potatoes and continue to mix until all the cream is incorporated and the potatoes appear light and fluffy.



4) Serve with the Shepard's Pie from this week or alongside any favorite entrée and Enjoy!!

Equipment Needed: Large Pot, Cutting Board, Knife, Large Spoon, Strainer, Whisk/Stand Mixer/Hand Mixer

Calories: 318.4Kcal – **Calories from Fat:** 224.4Kcal – **Total Fat:** 25.1g – **Saturated Fat:** 15.8g – **Trans Fat:** 1g – **Cholesterol:** 72.9mg – **Sodium:** 1325.4mg – **Total Carbohydrate:** 21.4g – **Dietary Fiber:** 1.5g – **Sugar:** 1.7g – **Protein:** 3.6g