

Mashed Potato

An old favourite, this simple way to prepare potatoes is nourishing, filling and can be used in all sorts of ways. Enjoy learning how to make this and then use it for the Cottage Pie recipe available on our website.



Milk*

Nutritional information per portion (180g):

Energy	Fat	Saturates	Sugars	Salt
559kJ 133kcal 6%	0.8g 1%	0.2g 1%	1.4g 2%	0.05g 1%

of an adult's reference intake.
Typical values per 100g: energy 310kJ/74kcal.

Equipment

Weighing scales
Vegetable peeler
Chopping board
Sharp knife
Colander
Large saucepan
Fork
Potato masher
Wooden spoon
Measuring spoons

Ingredients

Serves 4-6

1kg potatoes (Maris Piper and King Edwards are good for mashing)
5g unsaturated fat spread
1 x 15ml spoon semi-skimmed milk
Black pepper (optional)

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tips

- Mash always tastes better when it is made with soft potatoes that are not new potatoes.
- Drain the potatoes well and leave to cool slightly in the colander. This avoids the mash being watery and too sloppy.
- The strained potato water can be used to make gravy. It will add flavour and goodness.

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Method

1. Peel the potatoes.
2. Cut the potatoes into the same size chunks (about 4cm). Put them in the colander and rinse them under the cold tap.
3. Put the potatoes into a pan. Add cold water until they are covered.
4. Put the pan on a medium heat and bring to the boil. Simmer for approximately 15–20 minutes. Test if the potatoes are cooked by piercing them with a fork. If the potatoes feel soft, turn off the hob.
5. Drain the potatoes using the colander.
6. Put the potatoes back in the pan and mash them.
7. Stir in the spread. Gradually stir in the milk until creamy. Add black pepper to taste (if using).

Something to try next time

- Add a 200g tub of reduced-fat soft cheese with herbs or garlic to the mix for a creamier alternative.
- Add 2 x 5ml spoons of caramelised onion, mustard or sweet chilli sauce to the final mash mixture.

Prepare now, eat later

- Store covered in the fridge for up to 2 days. Reheat in a preheated oven for 20–30 minutes at 180°C/160°C fan or gas mark 4.

Skills used include:

Weighing, measuring, peeling, chopping, mashing and boiling/simmering.