



September 28, 2016

Tasty Mashed Potato Mash-Ups

There is no denying that mashed potatoes are the ultimate comfort food – creamy, buttery and smooth – who cares about low-carb anyway? Make your next batch of mashed potatoes extra-special with some delicious add-ins:

Our Caramelized Onion and Sage Mashed Potatoes combine the earthy sweetness of onions slowly cooked in butter, with the distinctive peppery flavour of sage. Don't scoff at the small amount used in the recipe – a little goes a long way!

Adding cheese to your mashed potatoes makes them extra decadent. Our Parmesan and Green Onion Mashed Potatoes are savoury and rich, with a generous sprinkle of green onion for contrast.

Replacing milk (or whipping cream) with buttermilk, as in our Buttermilk Mashed Potatoes, adds creaminess without the fat. Its tangy flavour also gives your mashed potatoes a bit of zip!

Last but not least, our Mashed Potatoes with Brie are a must-try – once you taste these luscious mashed potatoes, you won't want to go back to making them the regular way. A hint of thyme and nutmeg boosts the overall flavour.

CARAMELIZED ONION AND SAGE MASHED POTATOES

Ingredients:

1 tsp canola oil
1 cup chopped onion
1 tbsp salted butter
4 cups cubed peeled yellow potatoes
1/4 cup whipping cream
1 tbsp salted butter
1 tsp slivered fresh sage



Salt and freshly ground pepper*

Method:

1. Heat oil in a medium non-stick frypan over medium-low heat. Add onion and sauté until light golden, about 10 minutes.
2. Add 1 tbsp butter and cook, uncovered, stirring occasionally, for 5 minutes. Remove from heat and set aside.
3. Cook potatoes in boiling salted water until tender; drain.
4. Squeeze potatoes through a potato ricer. Alternatively, mash with a potato masher until smooth.
5. Stir in onion mixture, cream, 1 tbsp butter and sage until combined and butter is melted. Season to taste with salt and pepper. *Serves 4.*

PARMESAN AND GREEN ONION MASHED POTATOES

Ingredients:

- 4 cups cubed peeled yellow potatoes
- 3/4 cup salted butter
- 1/4 cup whipping cream
- 1 1/2 cups freshly grated Parmesan cheese
- 3/4 cup sliced green onions
- Salt and freshly ground pepper*

Method:

1. Cook potatoes in boiling salted water until tender.
2. Meanwhile, place butter and cream in a small saucepan over low heat; cook, stirring frequently, until butter is melted and mixture is heated. Remove from heat; cover and set aside.
3. Drain potatoes. Squeeze potatoes through a potato ricer. Alternatively, mash with a potato masher until smooth.
4. Stir in melted butter mixture. Add Parmesan cheese and green onions; stir to combine. Season to taste with salt and pepper. *Serves 4.*



BUTTERMILK MASHED POTATOES

Ingredients:

4 cups cubed peeled yellow potatoes
1/4 cup buttermilk
2 tbsp salted butter
Salt and freshly ground pepper*

Method:

1. Cook potatoes in boiling salted water until tender; drain.
2. Squeeze potatoes through a potato ricer. Alternatively, mash with a potato masher until smooth.
3. Stir in buttermilk and butter until combined and butter is melted. Season to taste with salt and pepper. *Serves 4.*

MASHED POTATOES WITH BRIE

Ingredients:

8 cups (2 L) cubed peeled russet potatoes
2 cloves garlic, peeled
1/2 cup (125 mL) hot milk
1/4 cup (50 mL) butter
1/2 tsp (2 mL) thyme, crumbled
1/4 tsp (1 mL) nutmeg
1/4 tsp (1 mL) salt
1/8 tsp (0.5 mL) cayenne pepper
8 oz (250 g) brie cheese, rind removed, cubed



Method:

Cook potatoes and garlic in boiling salted water until tender; drain. Add next 6 ingredients (hot milk through cayenne pepper). Mash with a potato masher until smooth. Stir in brie until almost melted. *Serves 8.*