

Great American HOME COOKING

— Made Easy —

Best-Ever Thanksgiving

Dreamy Do-Ahead
Chocolate Desserts



QUICK & EASY RECIPE IDEAS
Plus tips, techniques and timesavers

FREE WITH EVERY ISSUE
16 Clip & Keep
Recipe Cards

5 ways with Mashed Potatoes

EVERYONE LOVES MASHED POTATOES — THE ULTIMATE COMFORT FOOD

BASIC RECIPE

Follow Steps 1 and 2 for perfect classic mashed potatoes (makes 4–6 servings). Or try any of the variations at right.

- ◆ 6–8 medium white potatoes (2½ pounds), peeled and quartered
- ◆ 1 cup heavy cream
- ◆ ¼ teaspoon salt
- ◆ ½ teaspoon black pepper

1 Place potatoes in a large saucepan with salted water to cover. Bring to a boil. Reduce the heat and simmer for 20–25 minutes, until tender. Drain, then return the potatoes to the pot. Stir over low heat for 1 minute to dry the potatoes slightly.



2 Mash until smooth (see tips, right). Add the heavy cream, salt and pepper, and beat until fluffy.



Reheating Tips:

Potatoes with cream reheat better than those with butter. Microwave on High for 1 minute or until hot in a heat-proof bowl, stirring. Or warm in a saucepan over low heat.



BACON-CHEDDAR SPUDS

- ◆ ¼ cup coarsely shredded white or yellow sharp cheddar cheese, about 3 ounces
- ◆ ½ cup crumbled cooked bacon, about 6 strips

TOTAL TIME TO PREPARE: 15 MINUTES

TOTAL TIME TO COOK: 20 MINUTES

PER SERVING: 412 CAL; 11G PROTEIN; 27G FAT (16G SATURATED); 363MG SODIUM; 32G CARB.

Prepare the basic recipe using only ¼ teaspoon salt. Just before serving, stir in the cheese and bacon.



LOW-FAT COUNTRY POTATOES

- ◆ 1 cup low-fat buttermilk
- ◆ 2 tablespoons finely chopped fresh rosemary

TOTAL TIME TO PREPARE: 10 MINUTES

TOTAL TIME TO COOK: 20 MINUTES

PER SERVING: 208 CAL; 6G PROTEIN; 1G FAT (0G SATURATED); 968MG SODIUM; 44G CARB.

Make the basic recipe using unpeeled red potatoes. Substitute buttermilk for the cream and increase salt to 1 teaspoon. To serve, sprinkle with the rosemary.



CINNAMON-MASHED SWEETS

- ◆ ½ cup maple syrup
- ◆ 1 teaspoon ground cinnamon
- ◆ ¼ teaspoon *each* ground cloves, ginger and nutmeg
- ◆ ¼ cup lightly toasted pecans or walnuts, chopped

TOTAL TIME TO PREPARE: 15 MINUTES
TOTAL TIME TO COOK: 20 MINUTES
PER SERVING: 420 CAL; 4G PROTEIN; 20G FAT (7G SATURATED); 362MG SODIUM; 58G CARB.

Make the basic recipe using peeled, quartered sweet potatoes or yams, just ½ cup heavy cream and no pepper. Beat in the maple syrup, cinnamon, cloves, ginger, and nutmeg. Sprinkle the sweet potatoes with the nuts before serving.



THE MEANS TO PERFECT MASHING



Ricer
Squeeze potatoes through a ricer or run them through a food mill.



Hand Masher
Place potatoes in a bowl. Press with a hand masher for slightly lumpy mashed potatoes.



Mixer
Place potatoes in a bowl and beat with an electric mixer at medium speed until smooth.



Don't use a food processor to make mashed potatoes; they'll turn out starchy and gluey.

GARLIC-HERB MASHED POTATOES

- ◆ 3-4 peeled garlic cloves
- ◆ ½ cup coarsely chopped fresh basil or parsley
- ◆ ½ cup freshly grated Parmesan cheese

TOTAL TIME TO PREPARE: 10 MINUTES
TOTAL TIME TO COOK: 20 MINUTES
PER SERVING: 352 CAL; 9G PROTEIN; 21G FAT (13G SATURATED); 541MG SODIUM; 34G CARB.

Prepare the basic recipe, boiling the garlic cloves along with the potatoes. Then mash the garlic and potatoes together. Just before serving, fold in the basil or parsley and the cheese.

