

Roasted Garlic Mashed Potatoes



Mashed potatoes are an all time favorite comfort food! Choosing the right potato makes a dramatic difference in the final product. High-starch potatoes, like “Russet” or “Yukon Gold” work well because they have a light, mealy texture. The cells of these high-starch potatoes separate during cooking, creating fluffy mashed potatoes which readily soak up the cream/milk, garlic oil and butter and hold plenty of air when whipped.

Red potatoes (medium-starch) hold their shape when boiled and sliced. When they are mashed they have more texture than the “Russet.” I like this texture so I tend to use ½ of russet and ½ red potatoes for mashing.

Makes 8 Servings

ingredients

5 large	Russet Potatoes
5 large	Red potatoes
2 cups	Cream, milk, or buttermilk
1/4 - 1/2 cup	Butter, salted
1/4 - 1/2 cup	<i>Roasted Garlic Olive Oil</i>
To taste	Salt - preferably fleur de sel
To taste	Pepper - freshly ground

instructions

1. Peel the potatoes, removing as many of the eyes as possible with the tip of your peeler. Submerge the potatoes in a bowl of cold water to keep them from turning brown while you are chopping them. Cut the potatoes into similar-sized chunks so they will cook evenly: the cubes should be about 1½ to 2 inches wide.
2. Use a pot large enough to hold the potatoes with enough water to cover. Add salt. Place the pot over a high heat and bring the water to a boil. Reduce heat to simmer. Simmer, covered, until tender-about 15 to 20 minutes. A fork will easily insert into a fully cooked potato. When potatoes are done, remove from heat and drain immediately.
3. Let the potatoes sit for a minute to dry and to allow any excess water to drain from the bottom of the colander. Use a masher or ricer to mash the potatoes. Gently fold the cream/milk/buttermilk, butter, Roasted Garlic Olive Oil, salt and pepper into the riced potatoes. At this point, taste the potatoes for seasoning and adjust to taste. Test for consistency, too: if the potatoes are too thick, add more cream. Use care: mix the potatoes enough to avoid lumps, but not so much that they take on a sticky, gummy consistency.