

Fastest and Easiest Mashed Potatoes
Make mashed potatoes a quick, healthy side dish.

2 pounds Yukon Gold or russet potatoes, peeled; sliced ¼ inch thick (important)
8 to 10 Tablespoons (1/2-2/3 cup) half and half or milk
4 Tablespoons unsalted butter, cut into ¼ inch slices
(We used 2 Tablespoons butter and 2 Tablespoons olive oil)
1 teaspoon table salt
Garnish: chopped chives as desired

Bring 2 quarts of water to boil in a medium saucepan over high heat.
Add potatoes, making sure they are fully submerged in water. (If not, add just enough water to cover)
Return water to boiling, then adjust heat to maintain gentle simmer. Cover and cook until paring knife meets no resistance when slipped into center of potatoes, about 12 minutes.
Drain potatoes and return to saucepan. Use potato masher. ricer, or food mill to process potatoes to desired consistency. Stir in 8 Tablespoons (½ cup) half and half, butter, and salt until combined. If desired, adjust consistency with remaining half-and-half as desired.
Season with salt and pepper to taste and serve.

Cook's Note: We used Yukon Gold Potatoes with a food mill, butter/olive oil, and milk. Our potatoes were very smooth. After putting the potatoes in the food mill and mixing with some butter/oil and milk, we stored our mashed potatoes in the refrigerator for about 2 or 3 hours. This created resistant starch, which is a healthy benefit for the digestive system. When we served them, we added a little more butter/oil and garnished them with minced chives.

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Recipe Inspired by: Cook's Illustrated, *Best Thanksgiving Recipes*, America's Test Kitchen. See: pp.22-23.

About the Recipe: These buttery, golden mashed potatoes turn out exceptionally smooth when put through a food mill. Slicing the potatoes thinly and starting them in boiling water really does save time. As an added bonus, chilling and reheating the mashed potatoes creates resistant starch, which is beneficial for digestion. A true win-win side dish.

Reason this recipe was selected; Fast and easy - 12 minute cooking time for potatoes are something we all need.