

Creamy Mashed Potatoes

Swick

Serves 3 to 4 | Active Time: 15 minutes | Total Time: 45 minutes

Step 1: Steaming the Potatoes

- 1 1/2 to 2 lb large red potatoes
- 1 tsp sea salt
- bay leaves (optional)

To start, gather a pot and steaming basket. Add about one inch of water to the pot and bring to a boil.

In the meantime, peel and cut the potatoes in half or into even-sized, large chunks.

Once the water comes to a boil, place the potatoes into the steamer basket and then place the steamer basket into or over the pot (depending on your set up). If using bay leaves, place them on top of the potatoes. Sprinkle the potatoes with the salt and cover.

Turn the heat to medium and let steam until a knife inserted into the thickest part goes in with ease, about 20 to 30 minutes. The potatoes must be fully cooked or else you will have lumpy potatoes.

Note: You can substitute russets; however, they will not provide the same creamy texture. Yukon Gold potatoes can also be used with good results.

Step 2: Drying the Potatoes

Once the potatoes are done, remove the steamer basket and drain the water from the pot. Place the potatoes into the pot. Cover the surface of the potatoes with a clean kitchen cloth for a few minutes. This will help to absorb any excess moisture.

Step 3: Mashing the Potatoes

- 6 tbsp non-dairy milk
- 1 to 2 tbsp non-dairy butter or oil
- sea salt, to taste
- white pepper, to taste

To mash the potatoes, use an electric hand mixer on low speed to first break up the large chunks of potato. Then add the non-dairy milk and butter and whip the potatoes on high speed until smooth and creamy. Taste for seasoning and serve immediately.