



# Mashed Potatoes

10'  
Hands on

60'  
Cook Time

4-6  
Portion(s)

1  
Difficulty



## Ingredients

- 1 kilo potatoes
- 75 g butter
- salt
- pepper

## Διατροφικός πίνακας

Nutrition information per portion

233 Calories (kcal)	10.0 Total Fat (g)	6.5 Saturated Fat (g)	30.0 Total Carbs (g)
12%	14%	33%	12%
1.6 Sugars (g)	3.3 Protein (g)	3.3 Fibre (g)	- Sodium (g)
2%	7%	13%	-%

## Method

- Preheat oven to 180°C (390° F) Fan.
- Spread a generous amount of coarse salt in to a small baking pan.
- Add the potatoes and prick them with a fork. This will allow a lot of the moisture to escape.
- Bake for 45 minutes to 1 hour.
- When ready, remove them from the oven.
- Cut them half and immediately scoop out the flesh with a spoon.
- Place the potatoes on to a flat sieve with a paper towel placed underneath it (you can also use a potato masher).
- Press them through the sieve with the aid of a scraper. Never use a processor to make mashed potatoes because they will turn out gummy.
- Place a pan over low heat.
- Add the potatoes and the butter in the pan.
- Stir with a spatula, giving the potatoes time to soak up all of the butter and become smooth and creamy. No milk or heavy cream is required.
- Remove from heat and season with salt and freshly ground pepper.
- Add a knob of butter and season with salt and freshly ground pepper.