Greek potato and garlic mash - Skordalia

Ingredients

- 3-4 potatoes, peeled and cut into pieces (750 g)
- 1 teaspoon of coarse salt
- 3 cloves of garlic
- 175 ml olive oil
- 50 ml white wine vinegar
- salt
- pepper
- 1 fresh onion, finely sliced, for serving
- 3-4 stems of parsley, finely chopped, for serving

Method

Photo credit: G. Drakopoulos

This is a well-known Greek side dish called “Skordalia”. It is usually served with batter fried salt cod, but suits any meat or vegetable dish. Can also be served as a dip.

- Place a pot filled with water over high heat.
- Add 1 teaspoon of coarse salt and bring to a boil.
- Chop the potatoes into small pieces and add them to the pot of boiling water.
- Boil for 15-30 minutes, until they soften. (The boiling time depends on how large the size of the pieces of potato are.)
- In a food processor, add the olive oil, garlic, white wine vinegar, salt and pepper.
- Beat until the garlic completely breaks down.
- When your potatoes are ready, and you can easily pierce them with a knife, drain and set aside for 5 minutes, to allow all of the steam to evaporate.
- After 5 minutes, immediately transfer to a bowl and mash them with a potato masher.
- Add the garlic-oil and stir to incorporate.
- Season to taste.
- Keep in mind that the more time goes by, the garlic smell becomes stronger and also, the puree becomes thicker and stiffer.
- Sprinkle with some chopped fresh onions, chopped parsley and olive oil.

Διατροφικός πίνακας

Nutrition information per 100 gr.

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<th>Calories (kcal)</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
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