



## Mashed Potatoes

Serves 4 (double if necessary)

4-6 potatoes (the yellow variety is excellent)

1/4 c. milk (or as needed)

2 Tbsp. butter/margarine

salt and pepper to taste (approx. 1/2 teas. salt)

In a medium sauce pan, place peeled and rinsed potatoes that you have cut into 1 1/2 inch pieces. Cover with water, but do not add salt (salt draws the nutrients out of the potatoes as they cook).

Bring to a boil on high heat, then turn to low and cover for 15-20 minutes. Potatoes are done when they are pierced easily with a sharp knife. Drain water and add butter. With potato masher, mash until all large chunks are gone. Or, for smoother potatoes, use a hand mixer;

mash with beaters until large chunks are gone before turning it on. Then add salt and milk and mix until smooth. Too much milk will cause your mashed potatoes to separate or be soupy. Too little and they may seem rubbery or dry. Serve immediately (when making a big dinner, this is one of your last tasks), or cover and set aside for a few minutes.