



Potato Mash



Servings: 4
Total Time: 40 mins
Cooking Time: 25 mins



METHOD

Place the potatoes with the salt in a saucepan, cover with cold water and bring to a boil. Reduce the heat and simmer for about 15 mins until soft in the centre. Drain & mash well with the butter and then the cream & milk. Fold in the nutmeg, season with salt & pepper and serve.

INGREDIENTS

1kg potatoes, peeled & quartered
 1 tsp salt

4 Tbsp butter
 4 Tbsp fresh cream, whipped
 4 Tbsp milk
 ½ tsp nutmeg
 salt & freshly ground black pepper



HOW TO MAKE POTATO NESTS

Make Potato Nests with the mash, using:

1 egg, beaten
 410g tin baby peas and/or sweetcorn
 Pre-heat the oven to 200°C.

When cool enough to handle, place the mash in a piping bag with a large star nozzle. Pipe 4 round (or square) cases on a greased baking sheet & egg wash the tops. Brown the cases on the top shelf of the pre-heated oven for 10 mins.

In the meanwhile heat the peas and/or sweetcorn and fill the nests once they have browned. Serve immediately.

LCHE
B Do not eat potatoes - rather make a Cauli Mash*.

