

Mashed Potatoes

2 1/2 pounds potatoes (about 6 medium), peeled and cut into quarters

4 tablespoons butter or to taste

½ cup milk or potato-cooking water

salt and pepper to taste



1. Place the potatoes in a large saucepan and add water to cover them by at least 1 inch (2.5 cm). Bring to a boil over high heat. Add salt.
 2. Lower the heat and simmer for 25 to 30 minutes, until the potatoes are soft.
 3. Meanwhile, heat the butter and milk together in a small saucepan until the butter is melted; do not let the mixture boil. Set it aside.
 4. Place a large colander in the sink. Very carefully carry the potato pot to the sink and slowly pour the water and potatoes into the colander and let the potatoes drain.
 5. Return the potatoes to the pot over low heat. Using a potato masher, mash the potatoes until smooth. Add the butter and milk mixture and mix well. Add more salt if necessary. Serve hot.
- If you want the mashed potatoes creamier, add a little more milk.
 - You can also use the water the potatoes boiled in instead of milk.

Variations

1. Substitute extra-virgin olive oil for the butter.
2. Cook other root vegetables separately (carrots, celery root, turnips, or parsnips), and mash them with the potatoes.
3. Form cold leftover mashed potatoes into patties and pan-fry them the next morning to eat with eggs.
4. For smooth mashed potatoes, beat them with a handheld electric mixer until fluffy.

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