

Barry's Mashed Potatoes

The bride and partner says I have to share my mashed potato recipe. They were a favorite of my father in law, though I never made mine as soupy as he made his.

Also, these are secrets revealed. If you make them and your family or guests ask how it's done, you have to dissemble. They won't really want to know after the fact and they would feel guilty about eating them and might be alarmed that you were trying to harm them.

It's not non-fat.

4 Russet potatoes, largish, peeled and cut into quarters or smaller
Large pot of unsalted rapidly boiling water.

Preheat your oven to 200°. If you're making dinner, you can do the potatoes ahead of time and keep them in the 200° oven, covered, while you get the rest of your meal done and prepped. Put a large ceramic or oven proof glass bowl into the preheated oven. You'll need a lid for it, or you can use a dinner plate as a lid.

Don't think about the next part too much.

Into a 3 or 4 cup microwavable measuring cup put
1 ½ cup cream...whipping cream.
1 ½ cup milk, any density
8 Tbs of unsalted butter, diced to 3/8" cubes

The fluffiness factor depends on incorporating the unthinkable part just above into the potatoes when it is very hot.

Microwave the milk, cream and butter just before the potatoes are done. It'll take about 2 or 3 minutes in your mw, the butter should be melted.

Don't over boil the potatoes, they'll get too starchy. A fork or paring knife should go through a potato chunk with little or no resistance.

Drain potatoes in a colander.

Put drained potatoes into the preheated bowl.

Add about ½ of the hot melted butter and milk to the bowl. Use a potato masher to gently render the potato to mush. Don't be too active.

Add lashings of fresh ground pepper, more than you would think you ought to.

Add a little salt to taste, but go easy...you can add salt if needed at the table.

Using a hand mixer at the highest setting whip the potatoes. I don't use the whisk attachment, just the regular beaters. Pause and add more of the hot milk, mix more. Scrape sides of bowl if necessary. You don't have to use all of the hot milk and cream if you chicken out and based on your judgement of fluffiness, save the rest for scrambled eggs or omelets the next day.

Whip it up, but do it quickly. Too much whipping makes the potatoes stiff and starchy.

It should be a bit more soupy than you thought you ought to make it.

Cover with lid and return to the 200° oven if you need to finish the rest of the dinner.

A former girlfriend of our oldest son once remarked, "It's like eating clouds."

The trick, of course, is to add the hot, hot liquid, whip it fast and don't tell anyone what's in it.