

Mashed Potatoes

(serves 4)



Ingredients

1 Kg potatoes (Desiree or Blues preferred)

25 g Butter

200 ml full fat milk

Salt and pepper to taste

½ level tsp Garlic Powder

1 tbs Whole grain mustard honey

Method

Peel the potatoes and cut into pieces about 25 mm thickness. Cover with water in a two litre pan and bring to the boil. Boil gently for 20 minutes.

Drain the water and add the rest of the ingredients. Mash very well. Serve immediately.

Optionally, you can garnish with chopped Coriander leaves, mint or chives.

Tip

Mash for twice as long as you think they should be mashed. The more you mash the smoother the result will be.