

Fresh Spinach Mashed Potatoes

Our Young Chefs, 2015

Makes 6 to 8 servings

Mashed potatoes made from whole raw potatoes taste wonderful alone, but you can elevate the flavors by adding any of a variety of fresh produce to it.

INGREDIENTS

2 pounds boiling potatoes, peeled
and cut into 1-inch cubes

Water

1½ teaspoons Kosher salt

4 ounces bacon *OR* 3 ounces turkey
bacon, ¼-inch dice (*optional*)

3 tablespoons (1.5 ounces) butter
½ cup (4 ounces) milk, use only as
much as needed

1 pound fresh spinach, sliced into
thin strips

OR 1 10-ounce package, thawed
frozen, chopped spinach

4 ounces mild cheese, such as Colby,
shredded (*optional*)

Salt, to taste

Freshly ground black or white
pepper, to taste

DIRECTIONS

Prepare the potatoes: Scrub the potatoes using a vegetable brush under cool running water; peel using a vegetable peeler. Cut the potatoes into 1-inch cubes; keep all the potato pieces about equal sizes. Place in a heavy 6- to 7-quart pan; fill the pan with cool water to cover the potatoes by 1 inch. Cover the pan; place over high heat. When the water comes to a boil, add the salt; lower the heat to a low simmer and cook the potatoes for about 20 minutes, until tender. Begin checking for doneness at about 15 minutes.

Cook the bacon: Meanwhile, if desiring to include bacon, cook the bacon, in a dry skillet over low heat, turning occasionally, for about 8 minutes, until light brown and crisp. Remove the bacon from the pan, drain and crumble; set aside.

Mash the potatoes: Drain the potatoes in a colander. Return to the still-warm cooking pan; mash the potatoes with the butter and *only enough* of the milk to make a smooth but not thin purée.

Blend in the flavoring ingredients: Stir in the spinach and bacon, if using. The fresh spinach will quickly shrink as it wilts. If desired, stir in shredded cheese (approximately 1 cup shredded) at this time *in addition to the bacon, in place of the bacon OR skip including cheese* - your choice. Taste; add salt and pepper as needed.

Optional idea: Reserve the bacon and/or shredded cheese (*do not add* to the potato mixture). Serve the crumbled

bacon and/or shredded cheese as a garnish to pass at the table for diners to top their individual serving of spinach mashed potatoes.

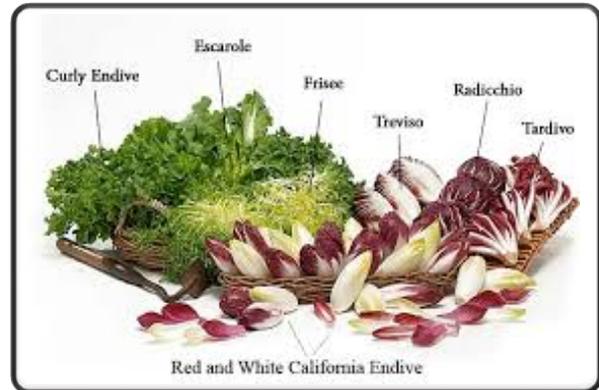
Warm and serve: Place the potato mixture in a microwave-proof serving dish; microwave for 30 seconds to 1 minute to heat through. Serve immediately.



(over for information on recipe **VARIATIONS**) ➡

VARIATIONS

- Try members of the chicory family, like curly green endive, frisée or radicchio
- Turnip greens
- Watercress
- Arugula
- Celery root (celeriac)
- Rutabaga
- Cabbage



Cabbage Mashed Potatoes Variation

Shred the cabbage: Use a sharp knife to shred 8 to 12 ounces green *OR* red cabbage quite fine (approximately a quarter of a large head of cabbage).

Cook the potatoes and cabbage: When boiling/cooking the potatoes, add the raw shredded cabbage to the pot cooking the potatoes about 8 to 10 minutes after the water comes to a boil. Place the lid on the pan briefly to help the mixture come back to a boil; it will take a few minutes to do so. When the mixture comes back to a boil, remove the lid; cook the potatoes and cabbage until tender. Drain.

Mash, flavor and serve: Proceed with the recipe, mashing the potatoes *with* the cabbage in the pan. Add the butter, milk, salt and pepper as described in the basic recipe to finish the cabbage/mashed potatoes dish. Bacon and/or cheese can be included, if desired.

