Recipe For Health | NOVEMBER 2019 MASHED POTATOES

The secret to perfect mashed potatoes: add the butter before the liquid! *Chef John Findley, Executive Chef, University Club of MSU* Featured Food: Thanksgiving

Yield: serves 10

Ingredients

4-5 lbs peeled potatoes, preferably russet or Yukon Gold 2 T sour cream

Salt, pepper, granulated garlic and onion

2 sticks butter

¾ - 1 c milk

Preparation

Start the potatoes in cold water and bring to a boil. Cook until tender, approximately 45 minutes. Drain. Add the butter and blend together using a hand mixer or stand mixer. Add the seasonings, sour cream, and the milk slowly as they are mixing. Check the flavor and adjust. Keep warm in a low oven until ready to serve.