

Ruth's Recipes



I love to cook... it is my first love. I like simple recipes based on proportions – 2 parts of this, 1 part of that and so on. It makes it easy to remember. Here you'll find my personal recipes are for big batches, and save some for the future or share some with friends (or both!) You can scale them up or scale them down to suit your needs. ~ Ruth Stroup "The Insurance Lady".

Mashed Potatoes



What is it about mashed potatoes that we love so much? We have running arguments about smooth or lumpy, the best kind of potato to use, to make them "skinny" with chicken broth or rich with heavy cream. In all cases, they are comforting and warm. They reheat well in a microwave or oven so in my book, they are worth the trouble of making from scratch (not a mix, not frozen). I like to prepare larger batches so there's enough for leftovers.

Essential Ingredients that makes 1 gallon (serves 16 or more)

- 5 pounds russet potatoes
- 1- quart whole milk Greek Yogurt (whole milk preferred)
- 4-8 ounces of butter (unsalted) Kosher or sea salt, white pepper, nutmeg to taste

Cooking Instructions

- Drain the yogurt for about 1 hour. Line a colander with paper towel and dump the yogurt into it. This will give you creamier (and less sour) mashed potatoes.
- Peel potatoes and cut into 1 inch cubes, store in a bucket of water to keep them from turning brown (you can do this part ahead of time)
- Drain the potatoes, add to a large pot (minimum 8 quart), add cold water, enough to cover the potatoes, add enough salt so that the water tastes salty. Bring to a boil, reduce heat to a simmer and cook until the potatoes are soft. (approximately 15 minutes) The cooked potato should taste like it's well seasoned with salt, almost to the point of being salty.
- Drain off the water, a put potatoes back in the pot. Add 4 ounces of butter and mash with a potato masher.
- Transfer to a mixer - I use a "Kitchen Aid" with the whisk attachment (hand mixer is ok). Turn the mixer on low and start adding the yogurt. Depending on how well you drained your potatoes, and how wet your yogurt is - you will need



at least 2 cups of yogurt, but you may use all of it. If you want richer potatoes, add more butter.

- Finish by seasoning with salt (it shouldn't need much)
- Add freshly ground white pepper
- Add freshly grated nutmeg (use sparingly)
- If you like your mashed potatoes hot, reheat them in a 350° degree oven, covered, so the top doesn't dry out.

Cooking Variations

If you can't get Greek Yogurt, you can drain regular yogurt by lining a strainer with a paper towel and draining off 1 cup of water from a quart of yogurt. If you like it less tangy, use milk or half and half for some of the yogurt. Instead of yogurt you can use part sour cream and part milk. Look for a brand that doesn't have too many additives.

Sometimes I add goat cheese and reduce the yogurt and butter.

Leftover Mashed Potatoes – depending on how much you made

It may seem impossible, but if you want to make sure there's plenty of mashed potatoes, then it's likely that you will have leftover mashed potatoes. Here's some creative ways to use them.

- Add to soup to make it creamy and rich – bean soup, vegetable soup, fish soup, chicken soup
- Shepard's pie – stew on the bottom, mashed on top, bake it all
- Make a Frittata – egg, bacon, green onion, grated cheese, mashed potatoes
- Dauphine potatoes – half mashed, have cream puff pastry – mix together and deep fry
- Potato pancakes
- Add to yeast bread or rolls

How do you love to eat potatoes?

