

GOURMET FISHING

Season I - Episode SS3



SUPER-SHORTS



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Purple Mashed Potatoes



Host, Chef & Guide, David Murray

PURPLE MASHED POTATOES



Purple Mashed Potatoes



3 LBS Purple Potatoes,
they do not have to be purple. You can use golden, white,
red, russets, what ever you like

2 Tablespoon Granulated Garlic

6 Tablespoons of softened butter

1/3 cup Sour Cream, more if needed.

Salt & Pepper to taste

Take a large 10 quart pot and add water. Salt, pepper, and 1 TBS garlic shall be added. Bring to a boil.

While the water is boiling, peel the potatoes and then slice them in quarters and about the same size. This will allow for consistent cooking. When the water is boiling, carefully add the potatoes to the water and then bring the water back to a boil and cook for about 5 minutes.

After 5 minutes and using a knife, cut a potato, and if it is easy to slice, the potatoes should be cooked. If not, cook for an additional few minutes and try the knife cut again.

Drain the potatoes and place them back into the same pot. Using a potato masher, thoroughly mash the potatoes until somewhat smooth. Add the 1/2 of the sour cream and 1/2 of the butter and using a small hand, power mixer, combine the potatoes and cream. Make sure the potato mixture is not too loose. You can now add more sour cream and butter. You can always add more to the potatoes, but you can not remove it. Get the potatoes to a nice smooth consistency and then taste. Salt, pepper, and garlic to taste.

Serve with your meal or just eat them as is...

