

SPUDTACULARLY AWESOME MASH



Mashed is a yummy way to eat your spuds, and is really easy and quick to make!

WHAT YOU NEED (enough for 4 people)

- 4 mashing potatoes
- cold water
- 1/4 cup milk
- 1 Tbsp butter or margarine

HERE'S HOW TO MAKE SPUDTACULAR MASH

1. Wash and peel your potatoes so they are ready to go.
2. Cut the potatoes into even sized pieces so they will be cooked at the same time.
3. Put your potatoes in a pot and add enough cold water to just cover your potatoes.
4. Cover with a lid and bring to the boil.
5. When they start boiling, turn the heat down so they are bubbling gently.
6. After about 20 minutes test to see if they are cooked with a knife or fork - they need to be really soft.
7. Drain the water.
8. Add the milk and butter, mash with a potato masher until smooth with no lumps.

Spudtacular Tip:
To get a really good creamy mash you need to use potatoes which are labelled as suitable for mashing.

Briarnah's favourite is crunchy topped mash. Add spring onion to your mashed potatoes and then place in an oven-proof dish. Sprinkle it with a handful of crushed potato chips and 1/4 cup of grated cheese. Grill for about 5 minutes or until the cheese has melted and turned golden. YUM YUM.

Briarnah Cook, 12
Tauranga



Harry Sutton says the best way to eat your mash is with 2 carrot slices and a bunch of peas so you can be creative and make a face!

Harry Sutton, 8
Auckland



Axel likes his mash nice and tasty. He adds mayonnaise and grated cheese to his potatoes when he mashes them, and eats them with green peas. If you want to make your mash like Axel's, add 2 Tbsp of mayonnaise, and a cup of grated cheese.

Axel Sherburn, 12
Rotorua



MASH MEN

If there is any mashed potato left over after you have had your dinner, Holly knows of a delicious way to use it up! Just add an egg or two (two if you have a lot of leftover mash), one cup of grated cheese, and enough flour to turn your mash into dough. Roll out flat and then cut with biscuit shapes. Holly likes to make leftover mash into gingerbread men. Pan fry or oven bake till golden. These are great to decorate with your other vegetables, and will make your dinner look really exciting!

Holly White, 9
Hamilton



When Rebecca makes mashed potatoes, she likes to eat them with lots of gravy. To make Rebecca's gravy, thicken 2 tablespoons meat drippings with 1-2 tablespoon of flour. Add one cup of water and one cup of milk. Season with salt and pepper. (You can use packet gravy!) The combination of mash and gravy is the BEST!

Rebecca Marshall, 16
Christchurch



When Christian makes mashed spuds, he likes to make "smashed" potatoes. These are unpeeled potatoes which have been mashed - means you don't have to muck around peeling the potatoes and Christian says they taste really good! Give them a go!

Christian Randrup, 10
Tauranga



Claire shows you how to mash potatoes. Click on the YouTube picture to view. Have a look and see how EASY it is!!!



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