



# Our top 5 types of mash

## Ingredients

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## Method

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While potatoes used to be a poor man's food, nowadays it's served as an elegant side dish at many high end restaurants. Here are a few of our favourites and which potato to use for each dish!

### Colcannon: (Desirée or Sebago)

An Irish take on mashed potatoes, Colcannon is traditionally a delicious creamy blend of potatoes, butter and cabbage. Desirée potatoes are preferable due to their firm, creamy tasting flesh. If you already have Sebago potatoes in your cupboard, these are a good option also.

**How to cook it:** Start by peeling and dicing four potatoes then boil in salted water until soft. Drain thoroughly and mash until smooth. Next, brown 100g butter in a pan and fry off 2 cups finely shredded savoy cabbage until slightly wilted. Remove from pan and set aside. Heat 100ml cream and 100g butter in the pan and beat into the mashed potato when hot. Stir through cabbage with a fork and serve.

### Paris mash: (Nicola or Desirée)

A smooth, silky and rich mashed potato coined 'Paris Mash' by French-born Australian chef Guillaume Brahimi. The main difference with Guillaume's mash is that he boils the potatoes whole with the skin on so that less water gets inside the potato, making for a creamier mash! This recipe uses either Nicola or Desirée which both have buttery flesh and are good for boiling.

**How to cook it:** Firstly place four whole, unpeeled potatoes into a pot of cold water with a dash of sea salt. Bring to the boil then reduce heat and simmer for around half an hour until potatoes are soft. Drain and set aside to cool slightly then peel the skin off the potatoes whilst still hot. Pass through a mouli or fine sieve then place potatoes into a saucepan and stir over a low heat until all moisture has evaporated. Gradually add a mix of 200ml warm milk and 200g melted butter and stir to combine until smooth and fluffy. Add salt to taste and serve!

### Wasabi mash: (King Edward)

Wasabi mash is a standard mash with the addition of wasabi, either grated fresh or from a packet (which is often mixed with horseradish). The wasabi adds heat and sweetness to a traditionally mild dish making it the perfect

accompaniment to steak. For this mash, you'll want to use a floury potato with a creamy white flesh, like King Edwards.

**How to cook it:** Begin by peeling and dicing four large potatoes then boil in salted water until soft. Drain thoroughly and mash until smooth. In a separate saucepan combine 100ml milk, 50g butter and 50ml cream and stir on a medium heat until the butter is melted. Add wasabi to taste and stir until combined. Gradually add milk and wasabi mixture to the potatoes and stir until soft and fluffy. Add chives, salt and pepper to serve.

### **Pancetta mash: (Yukon Gold or Coliban)**

Pancetta is a great way to dress up a standard mash, adding a delightful salty flavour and crispy texture to the dish. Choose a pancetta with a medium thickness and use a potato with a yellow fresh and buttery texture like Yukon Gold. If you can't find pancetta, a smoky bacon is a great substitute.

**How to cook it:** Dice 4 slices of pancetta then sauté in a non-stick saucepan over medium heat until browned and crispy. Place on a paper towel to drain. Meanwhile, place four large potatoes in a pot of cold salted water and bring to the boil. Cook until soft then drain and mash. In a saucepan, heat 200ml milk to the boil with a sprig of rosemary for flavour. When hot, gradually add to the mashed potato, stirring until light and fluffy. Season with salt and pepper and sprinkle with pancetta when ready to serve.

### **Cheesy mash: (Yukon Gold or or Dutch creams)**

Nothing goes together quite as perfectly as potatoes and cheese! You can use any cheese you like or a mix of different cheeses depending on your taste. For this recipe, we use a classic cheddar cheese with a yellow, buttery potato like Yukon gold or Dutch creams.

**How to cook it:** Peel and dice four large potatoes then boil in salted water along with a bulb of garlic until cooked. Drain and place into a large mixing bowl, discarding the garlic. Add 100g diced butter gradually and blend until soft and creamy. Gradually add shredded cheddar cheese and stir until combined. Add salt and pepper to serve.

## **Notes**

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