

Organic Gourmet Garlic Mashed Potatoes (Puree De Pommes De Terre A L'Ail) from Organic Test Kitchen .com

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Here's is a recipe for Garlic Mashed Potatoes done right. This is a French Gourmet Recipe but don't be intimidated, it's actually pretty easy. And you can make the Garlic Sauce ahead of time so you can put the dish together quickly on the day of the feast. This recipe calls for a good deal of garlic but don't worry, the strong flavor is taken out during the boiling step so you're left with just the perfect level in the final dish. This is sure to be a big hit with your guests. Hope you enjoy.

(This Recipe Will Yield 5 Cups of Garlic Mashed Potatoes)

Shopping List

Things you'll need:

- Medium & Large Saucepans with Covers
- Large Ricer (if not available you can use a potato masher or hand mixer)
- Wire Strainer
- Long Handle Spoon

Ingredients you'll need:

- 2 Medium Heads of Organic Garlic
- 8 Tablespoons of Unsalted Organic Butter
- 2 Tablespoons of Organic All-Purpose Flour
- 1 Cup of Organic Whole Milk
- 2 ½ Pounds of Organic Russet (also known as Idaho or Baking Potatoes)
- 4 Tablespoons of Organic Heavy Cream
- ¼ Cup of Organic Fresh Parsley (chopped)
- Sea Salt and Organic Ground Pepper for Seasoning

Try to stick to organic ingredients but you can substitute if necessary.

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Preliminary (Measuring Ingredients & Prepping the Garlic Sauce)

- Take out a medium saucepan that has a cover.
- Fill with enough Spring Water to cover the cloves from two heads of Garlic (you don't need to be exact, this water will be discarded)
- Turn on High Heat to bring the water to a boil.
- Separate 2 Heads of Garlic into Cloves. Don't worry about peeling them just toss the cloves with their skins into the saucepan with the boiling water (be carefully not to splash & burn yourself).
- Place the cover on the saucepan. Turn the heat down to achieve a slow boil. Cook for 2 minutes.
- While this is cooking measure out 2 Tablespoons of All Purpose Flour. Place in a cup & set aside.
- After 2 minutes of boiling drain & discard the water from the saucepan.
- Let the garlic set until it is cool enough to handle without burning your fingers.
- Measure out 1 cup of Whole Milk. Set aside so it can warm up (what I do is to just put it in the clean coffee carafe and turn the coffee maker on. The small heating element below will provide a gentle heat. Keep an eye on this though to be sure the milk doesn't burn).
- Add 4 Tablespoons of Unsalted Butter to the now empty saucepan. Melt gently over a low heat (do not burn the butter).
- Peel the garlic and toss the whole peeled cloves into the butter that has been melted in the saucepan.
- Once all the garlic is in, cook gently for approximately 20 minutes. Cook over a low heat moving the garlic cloves occasionally. However, keep the saucepan covered the rest of the time. Do Not Burn The Butter. ...go easy of the heat.
- When the garlic has some brown areas, but just a few, remove from the heat.

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-Slowly add the 2 Tablespoons of All Purpose Flour while stirring in with a long handled spoon.

-Cook this while stirring over a low heat for 2 minutes.

-Remove from the heat and stir in the 1 Cup of Warm Milk.

-Add Sea Salt & Ground Black Pepper for seasoning.

-Put back on the burner and using a gentle heat gradually bring up to the first inkling of a boil, all the while stirring to keep things from burning.

-Remove from the heat.

-Press this sauce through a wire strainer into a bowl or saucepan (you're basically trying to remove any stray pieces of garlic). To do this pour the sauce into a strainer a little at a time and using the back of a spoon press through the wire strainer. See the Kitchen Equipment Page on the blog for information on the wire strainer.

-You have now created a wonderful garlic sauce that is the heart of the dish. This can be set on a back burner waiting for the potatoes or placed in the refrigerator for future use.

The Main Event (Cooking the Potatoes & Bringing Everything Together)

-Take out a large saucepan, fill halfway with Spring Water, toss in some Sea Salt and bring to a boil (there should be enough water to cover the potatoes).

-While the water is coming to a boil peel and quarter 2 ½ pounds of Russet, Idaho or Baking Potatoes.

-Carefully & Safely add the Cut & Peeled Potatoes to the boiling water when ready.

-If you had pre-made the garlic sauce take it out and gently reheat in a saucepan. Keep warm but don't burn.

-Measure 4 Tablespoons of Unsalted Butter. Cut into smaller pieces and set aside on a saucer.

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- Measure 4 Tablespoons of Heavy Cream. Place in a cup and set aside.
- Finely chop enough Fresh Parsley to Yield ¼ Cup.
- When the potatoes are cooked remove from the burner and drain.
- Break down the potatoes using a potato ricer (This looks like a big garlic press. If you want the smoothest, silkiest mashed potatoes use one of these. Your other options are a hand potato masher or a hand mixer but the results will not be as good). See the Kitchen Equipment Page on the blog for info on the Ricer.
- Add the butter pieces and mix in until they are all melted and blended.
- Cover and keep things warm until ready to serve. But remember, fresh is best. Don't let the potatoes sit for hours before serving.
- Literally, just before serving add in the Garlic Sauce, Heavy Cream and Fresh Parsley. Mix together well
- Season to taste with Sea Salt & Ground Pepper. Mix in.
- Serve Immediately.

Now this is what mashed potatoes are suppose to be like. Awesome. Yes it's a little more work than your standard toss everything together recipe but really not that much more. In either case you have to peel, boil, drain and mash the potatoes. So we added in a few more steps. In my opinion it's well worth the effort. Enjoy your food and live naturally.