

HOW TO MAKE *perfect* MASHED IDAHO® POTATOES

GET STARTED

KNOW YOUR GRADES No. 1 Idaho® potatoes will yield more than No. 2 potatoes. However, they may cost more in any given year, so check the prices on both rather than ordering the same thing automatically.

KNOW YOUR VARIETIES While any fresh potato can be mashed, the Idaho® potato russet and yellow flesh varieties perform the best in foodservice. They tend to have a higher starch content with less water than a typical red, fingerling, or waxy potato.

TIP The starch cells in a Russet Burbank are large enough to absorb moisture without bursting or breaking down easily when mixing.

PEELING Most consumers prefer fresh mashed potatoes without the skin on. We recommend peeling the raw potatoes first.

TIP Always peel any potato skin that has turned green as it will taste bitter or turn the water a pale green color and affect flavor.

NEXT STEPS

WASH & peel the potatoes.

CUT the peeled raw potatoes into equal-sized chunks to steam or boil. This is especially important if the whole potatoes are of different diameters and lengths. Uniform sizes of cut potatoes equal consistency in the final product.

CHECK FOR DONENESS with a knife; the chunks of potatoes should not have any resistance. With a fork, remove a chunk and smash it to determine whether done. Undercooked potatoes will remain chunky when mixed; overcooked chunks will fall apart.

DRAIN to remove excess water.

TIP Return to the stovetop in a pan over heat to cook off any remaining excess moisture, turning the potatoes to prevent from sticking.

MASH using a potato ricer, handheld masher, or mixer.

TIP Do not overmix or whip potatoes as the starch will turn gummy.

IN A MIXING BOWL, add milk or cream or other liquids heated until scalding. Mash or mix on "low" settings about 1-2 minutes.

ADD BUTTER or margarine (not chilled), salt, and spices. If using a mixer, whip on "high" setting for 2-3 minutes. Do not overmix!

REMOVE AND SERVE or place in a steam table pan for later service.

KEEP WARM on the steam table pan or a warming cabinet for a maximum of 60 minutes, maintaining a temperature of 160°F or more.

IF YOU WANT TO START OUT WITH THE SKIN ON

1. Bake at 400°F for approximately one hour (times may vary between conventional and convection ovens) until the internal temperature reaches 210°F, cut in half, and scoop out the insides to mash. This results in a very dry and fluffy final product.
2. Steam or boil potatoes until fork tender, then drain. Rinse under cool water to peel.



Russet Burbank



Yukon Gem



Russet Norkotah

Other options for convenience mashed potatoes from processors with plants in Idaho

Frozen lambweston.com
simplelotfoods.com
mccainusa.com
ritestuff.com
ppidaho.com

Dehy or Dry baf.com
idahoanfoodservice.com
idahopacific.com



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Idaho Potato Commission
www.idahopotato.com

