

## Mashed Potatoes

3 or 4 medium russet potatoes  
 3/4 stick butter, melted  
 3/4 cup heavy cream  
 salt and freshly ground black  
 pepper

*Cooking the potatoes with their skins on keeps water out and ensures fluffy mashed potatoes with an earthy flavor. It is also important when mixing the potatoes to add the melted butter before the half-and-half. When the butter is added before the half-and-half, the fat coats the starch molecules, inhibiting their interaction with the water in the half-and-half. The result is a silkier, creamier mashed potato.*

*These mashed potatoes are so good that they don't need gravy. The secret is using plenty of cream so that the potatoes are light and fluffy. Don't worry; the potatoes can absorb a lot of liquid. Using a potato ricer is best, but if you don't have, one use a potato masher.*



Place the potatoes in a sauce pan and cover with cold water. Bring water to a boil and immediately reduct heat to a simmer. Cook the potatoes just until they are done. (Poke the potato with a sharp paring knife and then try to lift it out of the water. If the potato clings to the knife even for a second, it is not done.)

Using a potato ricer, rice the potatoes. Whisk in the melted butter and then the heavy cream. Add salt and pepper to taste.

