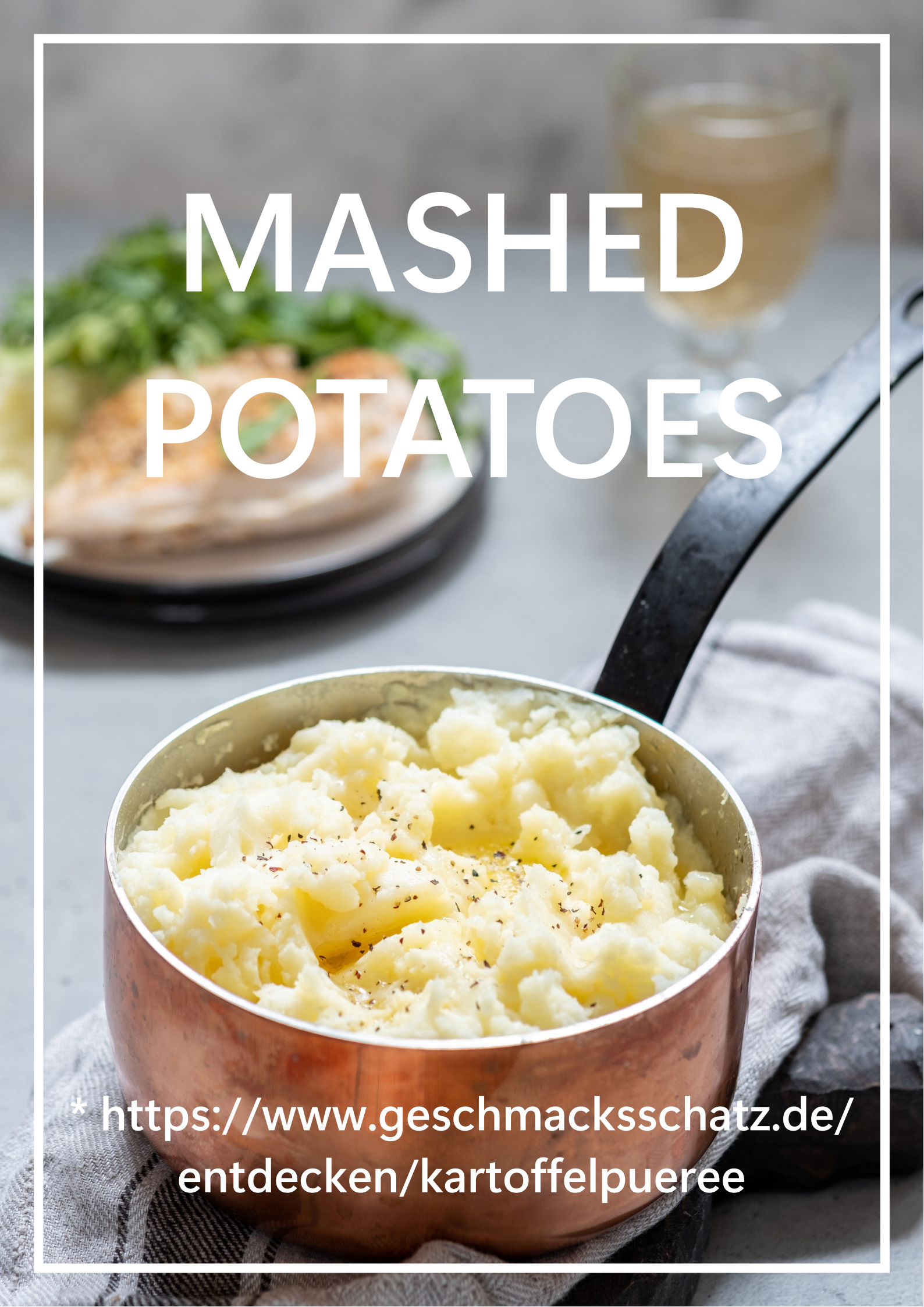


MASHED POTATOES



* <https://www.geschmacksschatz.de/entdecken/kartoffelpueree>

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- CRAFTSMANSHIP - POTATO MASH basics & usage ✓

Courses: Mashed potatoes

Collections: PURPOSE & HISTORY

Source: OCTOPUS OCEAN - Germany



Ingredients

The indigenous peoples of the Andes in South America domesticated up to 70 potato varieties, which were typically cooked and mashed before European colonization.

An early recipe is recorded in Hannah Glasse's cookbook *The Art of Cookery* from 1747.

In it, the potatoes are mashed in a casserole with milk, salt & butter.

Directions

5 fool-proof tips for the perfect mash

When cutting your spuds for mash, make sure you cut them into even chunks with similar size and thickness so that they cook evenly when boiled.

Put your potatoes in cold, heavily salted water and bring it up to the boil (rather than adding them to already-boiling water). This will stop the potatoes overcooking on the outside and cook them more evenly. If you salt them during boiling, you do not need to season them at the end.

Make sure you stream dry your potatoes after boiling by leaving them in the colander, on top of the pan you've just boiled them in, with a tea towel on top. This will give a fluffier result when you mash them.

Add butter to your spuds just before you pass them through the sieve.

Heat up your cream or milk prior to adding it to your sieved mash so that it will combine more easily.

For classic mashed potatoes, the potatoes are thoroughly washed, boiled in salted water, and then peeled. After that, they are mashed with warm milk, cream, and butter until the desired consistency is reached. They are typically seasoned with salt, pepper, and nutmeg. The preparation is simple and works well for large quantities.

Mashed potatoes:

Very finely mashed, creamy and smooth, often with extra milk, butter, or cream, easy-to-chew food.

Rustic mashed potatoes:

Coarsely mashed like regular mashed potatoes, but often savoury

with broth, fried onions, or veggies, because of the chunkier texture.

So mashed potatoes are a practical, versatile side dish, particularly popular for their coarse texture and simple preparation, while puree and rustic mash can vary depending on the audience & taste.

The best tool to mash potatoes is a handheld masher, a potato ricer or a fork.

Resist the temptation to dump the cooked potatoes into a food processor or blender.

Overmixing gives spuds a gooey, gluey texture.

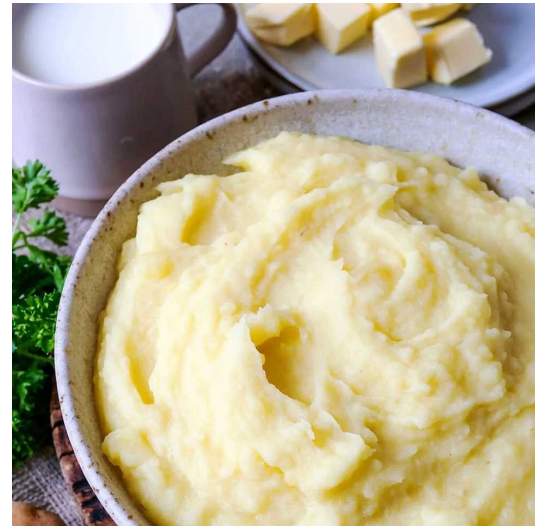
- CRAFTSMANSHIP -

Potatoes mash - the classic ✓

Courses: Mashed potatoes

Collections: French recipes

Source: OCTOPUS OCEAN - Germany



Ingredients

Who doesn't love mashed potatoes?

Whether chunky or silky smooth, with a touch of butter, fresh herbs, or mixed with various veggies - mashed potatoes can be enjoyed exactly to your liking.

We've put together the classic recipe for you, along with four other delicious vegetable-infused variations. You really ought to try them all!

- ☐ 2 kg Potatoes
- ☐ 0,5 liter hot Milk
- ☐ 2 tbsp Butter
- ☐ Salt
- ☐ Pepper
- ☐ Nutmeg

ASSESSMENT

PROCESS good / fair / bad

TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

Directions

Good to know:

Potatoes are really healthy!

They provide dietary fibre that is good for digestion and contain valuable vitamin C as well as thiamine, which strengthens the nerves.

1. Wash, peel, and cut the potatoes into small pieces, then rinse them again.

Place them in boiling salted water & cook for approximately 20 min. Once cooked, drain the potatoes in a colander.

2. Meanwhile, bring the milk to a boil.

Press the potatoes through a potato ricer or mash them, then mix in the hot milk and butter.

Season with salt, pepper, and—if desired—nutmeg, and serve immediately.

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- CRAFTSMANSHIP -

Potato broccoli garlic mash ✓

Courses: Mashed potatoes

Collections: French recipes

Source: OCTOPUS OCEAN - Germany



Ingredients

How about a baked mashed potato with egg, either as a side dish or on its own?

This unusual recipe promises enjoyment.

- ☐ 1 kg Potatoes
- ☐ 750 gr Broccoli, chopped
This is an average bunch
- ☐ 2 tbsp Oil
- ☐ 2 Garlic cloves
- ☐ 200 ml Sour cream
- ☐ 1,5 tsp Salt
- ☐ 1 tsp Pepper, ground
- ☐ 250 gr Gouda cheese,
shredded

ASSESSMENT

PROCESS good / fair / bad

TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

Directions

To prepare the potatoes first peel them.

Then cut the potatoes into quarters.

Place the potatoes in large saucepan and cover with water (add salt if desired).

Boil over medium heat for 10-12 min, until tender. Then add the broccoli and continue to cook until tender- about 5-6 min.

Tip:

Instead of adding water to the saucepan, try using a flavoured broth instead for more taste.

Turn the heat down to low & add the remaining ingredients, stirring as needed.

When the ingredients appear to be mashing, about 2-3 min, remove from the heat & mash until you reach your desired consistency. ,

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- CRAFTSMANSHIP -

Potato & carrot mash ✓

Courses: Mashed potatoes

Collections: French recipes

Source: OCTOPUS OCEAN - Germany



Ingredients

- ☐ 1,5 kg Potatoes
- ☐ 0,5 kg Carrots
- ☐ 0,5 liter hot Milk
- ☐ 2 tbsp Butter
- ☐ Salt
- ☐ Pepper ground
- ☐ Nutmeg ground
- ☐ Marjoram dried

ASSESSMENT

PROCESS good / fair / bad

TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

Directions

1. Wash and peel the potatoes, cut them into small pieces, and rinse again.
2. Wash the carrots and cut them into small pieces.
3. Place both in boiling salted water and cook for about 20 min. Once the potatoes and carrots are tender, drain them in a colander.
4. Meanwhile, bring the milk to a boil. Press the potatoes & carrots through a potato ricer (or mash them), then stir in the hot milk & butter. Season with salt, pepper, nutmeg & marjoram.

Serve immediately

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- CRAFTSMANSHIP -

Potato & cauliflower mash ✓

Courses: Mashed potatoes

Collections: French recipes

Source: OCTOPUS OCEAN - Germany



Ingredients

- ☐ 1 kg Potatoes
- ☐ 1 kg Cauliflower
- ☐ 0,5 liter Milk, hot
- ☐ 2 tbsp Butter
- ☐ Salt
- ☐ Coriander dried

ASSESEMENT

PROCESS good / fair / bad

TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

Directions

1. Wash the potatoes, peel them, cut them into small pieces, and rinse them again.
2. Cut the cauliflower into small pieces & wash it.
3. Put both into boiling salted water & cook for about 20 min. When the potatoes and cauliflower are soft, drain them in a sieve.

4. Now bring the milk to a boil.

In the meantime, press the potatoes & cauliflower through a potato ricer or mash them instead, then mix with the boiling milk and butter.

Season with salt & coriander (dried).

Serve immediately.

BY THE WAY:

Cauliflower is a real vitamin bomb, full of vitamin C. It helps you get through the cold season.

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- CRAFTSMANSHIP -

Potato celeriac mash ✓

Courses: Mashed potatoes

Collections: French recipes

Source: OCTOPUS OCEAN - Germany



Ingredients

Celeriac & potatoes go very well together.

- ☐ 2 liter cold tap Water
- ☐ 1.2 kg Potatoes
 - peeled & cut into cubes
- ☐ 800 gr Celeriac
 - peeled & cut into cubes
- ☐ 2 tsp Salt
- ☐ 200 ml Milk
- ☐ 100 ml Cream
- ☐ 60 gr Butter
- ☐ 4 pinches Nutmeg
- ☐ 0.5 tsp Pepper ground

ASSESSMENT

PROCESS good / fair / bad

TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

Directions

Pour water into a pot.

Insert the steamer basket, add the peeled & diced potatoes & celery, cover, and steam until tender. Ideally, do not boil them in water.³

Instead, cook them solely by steaming for appr. 20–25 min.

Empty the pot & steamer basket.

Transfer the potatoes & celery into the pot.

Add salt, milk, cream, butter, nutmeg, and pepper. Carefully & evenly mash the potato & celery mixture until smooth & uniform.

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- CRAFTSMANSHIP -

Potato cheese mash ✓

Courses: Mashed potatoes

Collections: French recipes

Source: OCTOPUS OCEAN - Germany



Ingredients

Sugar-glazed ham or roast chicken pair nicely with cheesy mashed potatoes. Fresh green beans, thyme-roasted carrots, or herbed peas are examples of colorful vegetable side dishes that add color and nutrients to the meal.

- ☐ 1 kg Potatoes,
peeled & quartered
- ☐ 200 ml Cream cheese
- ☐ 250 gr Gouda, shredded
- ☐ 125 ml Sour cream
- ☐ 80 gr Onion, chopped
- ☐ 1 **fresh** Egg, large
- ☐ 2 tsp Salt
- ☐ 1/2 tsp Pepper, ground

ASSESSMENT

PROCESS good / fair / bad

TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

Directions

Place potatoes in a large saucepan; cover with water.

Cover & bring to a boil.

Cook for 20-25 min or until very tender; drain well.

In a bowl, mash potatoes.

Add cream cheese, Gouda, sour cream, onion, egg, salt & pepper; beat until fluffy.

Transfer to a greased moderately sized baking dish. Cover & bake at 170° C until heated through.

Sprinkle with additional cheese if desired.

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- CRAFTSMANSHIP -

Potato corn mash ✓

Courses: Mashed potatoes

Collections: French recipes

Source: OCTOPUS OCEAN - Germany



Ingredients

- ☐ 1,5 kg Potatoes
- ☐ Salt
- ☐ 12 tbsp Butter
- ☐ 1,5 Onions, chopped
- ☐ 2 Garlic cloves, chopped
- ☐ 750 gr Corn, (tinned / drained)
- ☐ Pepper black, ground
- ☐ 500 ml Cream

ASSESSMENT

PROCESS good / fair / bad

TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

Directions

Place the potatoes in a large pot, cover with cold water and season with salt.

Bring to a boil, reduce the heat to medium & simmer until tender, about 20 min.

Drain well, then cool slightly.

Return the potatoes to the pot and, using a masher, mash the potatoes.

Meanwhile, melt the butter in medium, heavy skillet over medium heat.

Add the onions & saute until translucent, about 5 min.

Add the garlic & corn and saute about 5 min. Season with salt & pepper.

Add the cream & cook over medium-low heat for 3 min longer.

Add the sauteed corn to the mashed potatoes and stir to combine until the liquid is fully absorbed.

Season with salt & pepper.

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- CRAFTSMANSHIP -

Potato garlic mash - "Skordalia" ✓

Courses: Mashed potatoes

Collections: Greek recipes

Source: OCTOPUS OCEAN - Germany



Ingredients

- ☐ 900 gr Potatoes, peeled & cubed
- ☐ Salt
- ☐ Pepper, black, freshly ground
- ☐ 10 Garlic cloves, peeled
- ☐ 125 ml Lemon juice
- ☐ 375 gr Olive oil

ASSESSMENT

PROCESS good / fair / bad

TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

EDUCATION

For galley crew sailing on all oceans

FACEBOOK

Craftsmanship - a culinary voyage

Directions

After putting the cubed potatoes in a large colander, rinse them under cold water until the water is clear. Place the potatoes in a saucepan with enough water to cover them by at least 5 cm. Make sure the water is sufficiently salted. Bring to a boil over high heat, then lower the heat to medium-low and simmer for 10 to 15 min., or until the potatoes are well cooked (a knife inserted into the potatoes should break them without any resistance). Drain the potatoes in the same colander for 30 sec. Set the potatoes aside for 5 to 7 min. to allow excess moisture to evaporate.

Put the peeled garlic cloves & the lemon juice in a food processor. A generous pinch of salt should be added. Process the mixture until it becomes a paste.

Use a masher to thoroughly mash the potatoes.

Combine the potatoes, garlic purée, and olive oil.

This is where the magic takes place! Using a wooden spoon, mix the potatoes with about half of the olive oil, adding a small amount at a time. Add the garlic purée and gradually add the olive oil (a fluffy potato dip is what you want to achieve). Taste and add salt to your liking. To blend, mix once more.

Garnish with coarsely ground black pepper after drizzling generously with olive oil.

NOTE

Serve cold (if you decided to cool earlier) or at room temperature.

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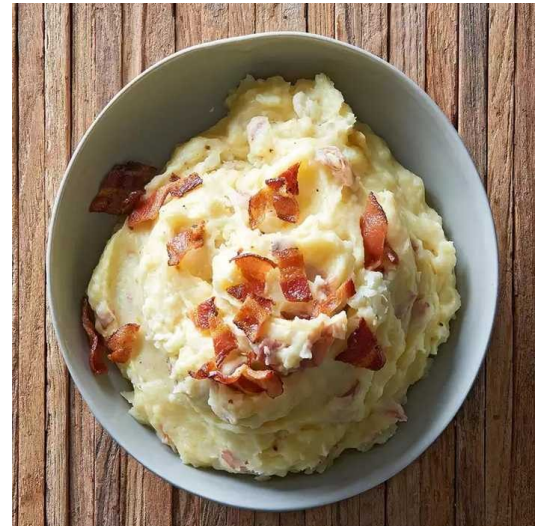
- CRAFTSMANSHIP -

Potato garlic & bacon mash✓

Courses: Mashed potatoes

Collections: French recipes

Source: OCTOPUS OCEAN - Germany



Ingredients

Bacon garlic mashed potatoes are made from scratch using simple ingredients and are ready in about 30 minutes! Creamy mashed potatoes are filled with crunchy bacon and garlic infused butter.

- ☐ 2 kg Potatoes
- ☐ 125 gr Butter
- ☐ 4 Garlic cloved, minced
- ☐ 250 ml Milk
- ☐ 8 slices Bacon,
fried & chopped
- ☐ 0.5 tsp Pepper ground
- ☐ 0.5 tsp Salt, optional

ASSESSMENT

PROCESS good / fair / bad

TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

Directions

Peel and quarter potatoes to the same size.

Place potatoes in a large pot & cover with water and a dash of salt.

Over medium-high heat, bring to a boil.

Reduce to medium heat & simmer for about 15-20 min, or until potatoes fall apart easily when pierced with a fork.

Drain into a colander.

Return empty pan to stove and **over medium** heat, add butter.

Once melted, **add garlic & sauté for 1 min**, or until garlic begins to lightly brown.

Remove from heat / empty the pan.

Add milk to pan & allow to warm up for a moment.

Add potatoes back to pan.

Using a potato masher, slowly mash potatoes and butter mixture together until incorporated and no lumps remain (be sure not to overmix, this causes potatoes to become gluey).

Add more milk as needed to reach desired consistency. Stir in chopped bacon & pepper ground.

Taste potatoes & optionally add salt to taste.

MOVIE copy & paste

- CRAFTSMANSHIP -

Potato egg mash ✓

Courses: Mashed potatoes

Collections: French recipes

Source: OCTOPUS OCEAN - Germany



Ingredients

How about a baked mashed potato with egg, either as a side dish or on its own?

This unusual recipe promises enjoyment.

- ☐ 1,4 kg Potatoes
- ☐ 400 gr Sour cream
- ☐ 150 gr Butter
- ☐ 5 Eggs
- ☐ 8 tbsp Parmesan, grated
- ☐ 1,5 tsp Salt
- ☐ 1 tsp Pepper, ground
- ☐ 1 pinch Nutmeg, grated

ASSESSMENT

PROCESS good / fair / bad

TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

Directions

First, peel the potatoes, wash them thoroughly, and cook them in a pot of salted water for about 20-25 min. until tender.

Then drain them, let them steam off briefly, and mash them with a regular potato masher.

Preheat the oven to 130 °C (top/bottom heat) and grease a baking dish with a little butter.

Now add the butter & sour cream and stir everything into a smooth mixture.

Crack the eggs into a bowl and whisk them with a whisk.

Then fold them into the potato mixture along with the freshly grated Parmesan, and season with salt, pepper& nutmeg.

Finally, put the potato mash with eggs into the prepared dish and bake on the middle rack of the oven for about 10 min.

Then take it out and serve immediately.

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- CRAFTSMANSHIP -

Potato onion mash ✓

Courses: Mashed potatoes

Collections: French recipes

Source: OCTOPUS OCEAN - Germany



Ingredients

- ☐ 2 kg Potatoes
- ☐ 500 ml Milk (warm)
- ☐ 3 tbsp Butter
- ☐ Nutmeg
- ☐ 1 tsp Salt
- ☐ 2 Onions
- ☐ 4 tbsp Oil

ASSESSMENT

PROCESS good / fair / bad

TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

Directions

First, peel the potatoes & cut them in small pieces.

Place the potato cubes in a pot, cover with water, and add a little salt.

Bring to a boil & let simmer with the lid on.

In the meantime, peel the onion & dice it finely.

Sauté the onion in a little oil or butter.

Once the potatoes are tender, **drain them**, return them to the pot, and let the steam evaporate briefly.

Then, pass them through a potato ricer or mash them, and stir in the warm milk, butter, salt, and nutmeg.

Add enough liquid to achieve your preferred consistency.

Serve the mashed potatoes topped with the sautéed onion cubes.

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