



# Eye On Potatoes

## For More-Marvelous Mashed Potatoes

(NAPSA)—Here’s a quick tip for a delicious dish: Slow cook your mashed potatoes. Slow cookers save time, energy and space in the kitchen. They’re particularly helpful during holidays, when extra stove top and oven space are in high demand. Slow cookers actually save you time because there’s no need for constant attention or frequent stirring and there’s minimal cleanup.

Here’s one slow-cooker mashed Idaho® potatoes recipe that could fast become a family favorite:

### Slow-Cooked Mashed Potatoes

*Approximately eight cups*

**3 pounds Idaho® potatoes, peeled and cut into 1-inch cubes**

**1½ cups water**

**½ cup (1 stick) butter, divided**

**1 teaspoon salt or to taste**

**½ teaspoon black pepper or to taste**

**1 cup whole milk**

**Coat a 3½–4-quart slow cooker with cooking spray. Add potatoes and pour water over potatoes, stir, cover and cook on high setting 3 hours or until potatoes are tender. Reduce heat to low, add all but 1 tablespoon of the butter, salt and pepper. Using a potato masher or a handheld electric mixer, beat on medium speed until potatoes are thoroughly mashed (while potatoes are in the slow cooker). Slowly add the milk and beat until creamy; do not overbeat or they will be stiff and have a “gummy” texture. Place the remaining 1 tablespoon butter in a small microwave bowl and cook on high setting 25–30**



Photo courtesy of the Idaho Potato Commission.

**Add room-temperature butter and milk to your potatoes for a rich creamy taste and texture.**

**seconds or until just melted. Drizzle evenly over potatoes.**

### Cooking Tips

• To make sure you’re getting potatoes grown in Idaho’s unique climate—warm days, cool nights, rich volcanic soil and abundant fresh water—always look for the “Grown in Idaho” seal.

• Cut potatoes in evenly shaped cubes.

• Place potatoes in cold water and then bring to a boil.

• Add a bouillon cube to the potatoes while they are boiling.

• Don’t overbeat. This can create starchy, sticky mashed potatoes.

• Beat in herbs, seasonings, minced vegetables or grated cheese for added flavor and color.

• For fluffier mashed potatoes, stir in a ½ teaspoon of baking powder. Let sit for a few minutes before serving.

### Learn More

For more potato facts, tips and recipes, visit [www.idahopotato.com](http://www.idahopotato.com). Facebook: [Facebook.com/famousidahopotatoes](https://www.facebook.com/famousidahopotatoes); Twitter: [twitter.com/idahopotato](https://twitter.com/idahopotato); Pinterest: [Pinterest.com/idahopotato](https://www.pinterest.com/idahopotato).