# Pelham HS Culinary Arts Recipe Template

Ingredients, procedures, and cost

Student name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Recipe Name: Creamy Mashed Potatoes Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Ingredients:**

**QTY/unit Bkrs% Item cost per unit total cost**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2 lbs |  | Russet potatoes ($16.98 for 50 lbs) |  |  |
| 6 oz |  | Half and half cream ($2.98 per qt) |  |  |
| 2 oz |  | Unsalted butter ($96.38 per case of 36 lbs) |  |  |
| ½ tsp |  | Kosher or sea salt |  |  |
| ¼ tsp |  | Ground black pepper |  |  |
|  |  |  |  |  |
|  |  |  | Total batch cost | $ |
|  |  |  | Cost per oz | $ |
| Total wgt: 40 oz |  |  | 5 oz portion | $ |

**Method:**

1. Peel potatoes and cut into large chunks about 2-inches. No need to wash first and it is easier to peel and handle the potato when it is dry.
2. Rinse the cut potatoes in cold water until the water is clear to remove all starch.
3. Cover the cleaned potatoes with cold water and a pinch of salt.
4. Bring to a simmer and cook until tender but not falling apart. About 15 minutes.
5. Drain water and reserve for another use.
6. Return pan of potatoes to low heat to dry off remaining moisture and remove from heat.
7. While potatoes are cooking bring half & half and butter to simmer just to melt the butter but do not boil.
8. Using a potato ricer, press the potato pieces through into a bowl. Alternatively use a potato masher and press the dry potatoes with masher until broken up as much as possible, then using a wooden spoon or wire whisk, stir well until smooth but not over mixed.
9. Add most of the cream/butter mixture and stir to incorporate. Add salt and pepper and any remaining cream if needed to smooth out the potatoes.
10. If a thinner consistency is desired use the reserved cooking water. Do not over mix or the potatoes will become pasty and gummy.

Doug Allen CEC 10/8/2015