



Vegan Mashed Potatoes for the Holiday by Chive

Chive is Known for Making the Best Mashed Potatoes, Enjoy our recipe used without dairy and gluten for all of your guests to enjoy. Check out Chive Catering at www.eventsbychive.com for Holiday orders.

6 Medium to Large Russet or Idaho Potatoes

- Wash Potatoes
- Peel Skin Off of Potatoes with a Pairing Knife or Peeler
- Cut Skinned Potato into ½” rounds (does not need to be perfect)
Cutting the potatoes will decrease your cooking time and cook potatoes evenly.
While you are cutting the potatoes place them in a bowl with water. You do not want to leave potatoes out in the open as they will oxidize and begin to turn pink. Keep them in water until you are ready to cook.
- When ready to cook - place potatoes in a large pot, fill with water 2” above your potatoes.

2 tsp Salt

- Add to potatoes while cooking, I always pre-salt my potatoes so that they are seasoned from within. I end up using less salt with this method.

2 Cloves of Garlic

- Why Not, just using two cloves does not turn your potatoes into “garlic mashed potatoes” but it does provide a bit of extra flavor. They will become very soft and I mash them right into the potatoes.

Cooking

- Place a lid on your potatoes and place the heat on high.
- Watch your potatoes - when the water is hot and begins to boil remove the lid and turn your heat to medium-low.
- Let your potatoes simmer until done. You will see them begin to soften and fall apart. With this recipe it is completely ok to overcook those potatoes.
- I am looking for the water to be milky and white and the potatoes to fall apart.
- Keep the potatoes in the cooking water. Do not toss water.
- You want to mash them as soon as possible, do not wait for the potatoes to get cold, then you will be dealing with a pasty and starchy potato.

Butter

- 1 Stick or ½ cup of Earth Balance or Violife Vegan Butter
You may use a regular butter, your favorite brand or another brand of vegan butter. I use Violife Vegan Butter at Chive and I use Earth Balance Vegan Butter at Home
- Add the Butter to your cooked potatoes in water.



Black Pepper

- Add pepper as you wish, I like it mostly for the specs of color in the Mash, if you are a big black pepper fan add a bit more.
- You may also add scallions or chives whipped inside or simply for garnish.
- If you want to get fancier you can whip in some Cheddar Cheese. I use Violife Cheddar Shreds but any cheese of your choice will work.



Mash It Up

- The best part is that you do not have to toss your water. You want to make sure you are using an Idaho or Russet potato because they have a lot of potato starch. When cooking the starch is leaching into the water. It is all flavor. Using this method you are using less fat/milk/butter.
- I use a whisk, not a potato masher. The potatoes should be fall apart by this point. The whisk action is going to activate those starches and the potato water is going to whip into the potato pulp, with the fat from the butter you will get smooth and flavorful potatoes.
- If you feel that your mash is drying up or not as silky as you like, add a bit of oat milk or more butter. You may use your milk or butter of choice.
- Whisk until the liquid is gone and you have silky mashed potatoes.

Salt to Taste

- Everyone has different salt preferences. Give them a taste and see if you need more salt. I do a few dashes at a time, whisk in the salt and continue to taste until you reached the right level of salt. It is way easier to add a bit of salt at a time than to oversalt.

Hold Warm

- You may pre-make your mashed potatoes, add a dollop of butter on top and cover with foil. The mashed potatoes can sit out up to 4 hours covered, after that you have to start heating them to 165 degrees or place in fridge and cool down to 40 degrees.
- You may place in oven to reheat in an oven safe dish or you may re-heat in microwave in a microwave safe dish without the foil.

We wish you a beautiful holiday with your family and friends.