

Terry's Perfect Mash

Terry Layboure Our North East Chef
(As seen in Terry Laybourne's book Quest for Taste")
www.cafe21.co.uk

Serves 6

Terry Says "Mashed potatoes are a luxury product, treat them with respect, when made with care, with the correct potatoes, correct technique, mashed potatoes can rank alongside foie gras, truffles, and caviar as a great culinary luxury"



INGREDIENTS

1kg Carroll's Heritage Potatoes - (Arran Victory 1918, Dunbar Rover 1936, Mr Little's Yetholm Gypsy 1899, Red King Edward 1916 and Yukon Gold 1980)

120mls double cream

150 g unsalted butter

nutmeg

METHOD

1. Cover the potatoes with COLD, salted water. Bring to boil, turn down the heat, and simmer very very very gently for 10 minutes.
2. Warm the butter and cream together without boiling
3. Increase the heat a little and simmer until tender.
4. Drain in colander, and return to pan and steam dry.
5. Pass quickly through a fine food mill
6. Fold in the cream and butter mixture without overworking.
7. Check seasoning and add a pinch of nutmeg
8. Adjust texture with more cream if necessary

NB It is vital that the heritage potatoes remain very hot during the mashing process.