

Preparing Instant Mashed Potatoes

Vegetable

Vegetables

I-05

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
POTATO FLAKES:					
Water, boiling		1 gal 2 cups		2 gal 1 qt	1. Pour water and milk into large bowl.
Instant nonfat dry milk, reconstituted, warm		1 qt 2 cups		3 qt	
Potato flakes	2 lb 1 oz		4 lb 2 oz		2. Add instant potato flakes, margarine or butter, and salt.
Margarine or butter	6 oz	¾ cup	12 oz	1 ½ cups	
Salt		1 Tbsp		2 Tbsp	3. Stir ½ minute to moisten potatoes. Stir an additional ½ minute to fluff. Avoid over mixing. (Use of mixer is not recommended.)
					4. Pour approximately 1 gal 2 qt into steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 1 pan. For 100 servings, use 2 pans.
					5. CCP: Hold for hot service at 135° F or higher. Portion with No. 8 scoop (½ cup).
POTATO GRANULES:					
Water, boiling		3 qt 2 cups		1 gal 3 qt	1. Pour water and milk into mixer bowl.
Instant nonfat dry milk, reconstituted, warm		1 qt ¾ cup		2 qt 1 ½ cups	
Potato granules	2 lb 1 oz		4 lb 2 oz		2. Add instant potato granules, margarine or butter, and salt.
Margarine or butter	6 oz	¾ cup	12 oz	1 ½ cups	
Salt		1 Tbsp		2 Tbsp	3. Mix ½ minute to moisten potatoes. Beat an additional 1 minute until fluffy. (Use of mixer is recommended.)
					4. Pour approximately 1 gal 2 qt into steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 1 pan. For 100 servings, use 2 pans.
					5. CCP: Hold for hot service at 135° F or higher. Portion with No. 8 scoop (½ cup).

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SERVING:

½ cup (No. 8 scoop) provides ½ cup of vegetable.

YIELD:

50 Servings: 1 steamtable pan

100 Servings: 2 steamtable pans

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VOLUME:

50 Servings: about 1 gallon 2 quarts

100 Servings: about 3 gallons

Special Tip:

Since the starch content of potatoes can differ, adjustment of the liquid may be necessary. Increase or decrease the quantity of liquid as needed for a fluffy product.

Nutrients Per Serving

Calories	101	Saturated Fat	0.59 g	Iron	0.25 mg
Protein	2.67 g	Cholesterol	1 mg	Calcium	45 mg
Carbohydrate	16.77 g	Vitamin A	123 IU	Sodium	210 mg
Total Fat	2.83 g	Vitamin C	15.9 mg	Dietary Fiber	1.3 g