

GARLIC MASHED POTATOES

Serving: 1/2 cup

Vegetable

Frank Maher, Food Service Director of the Westfield Schools, was happily surprised when his students went wild for this simple recipe, peels and all. The first time Westfield High Kitchen Manager Mary Jan Carey developed it, she used 150 lbs of spuds, but Frank says she could have easily doubled the recipe and served it all.

INGREDIENTS	50 SERVINGS	100 SERVINGS	DIRECTIONS
*Potatoes, new (red), unpeeled	12 lbs	24 lbs	<ol style="list-style-type: none">1. Cook potatoes: Close drain and cover the potatoes with clean water in a steam kettle or large pot(s). Turn on the heat and bring to a boil. Reduce to a simmer, and cook until the largest potatoes are fork-tender, about 30 minutes. CCP: Heat to 140°F or higher.2. Following the directions, reconstitute the dry milk and heat to a boil, being careful not to allow the milk to boil over.3. Add butter, garlic and white pepper.4. Remove potatoes from the kettle or pot using a 2 qt dipper so they drain. Place into mixing bowl.5. Whisk in the hot milk, butter and garlic at the slowest speed, gradually increasing the speed until smooth. (Mixing too long will cool the potatoes.)6. Remove potatoes to serving pans. Sprinkle with chopped parsley to garnish. Hold on steam table or in a warmer for service.7. CCP: Hold for hot service at 140°F or higher.
Milk, non-fat, reconstituted from powder	1 qt	2 qts	
Butter	4 oz	8 oz	
Granulated garlic	1-1/2 oz (3 Tbsp)	3 oz (1/4 cup 2 Tbsp)	
Pepper, white	1-1/2 tsp	1 Tbsp	
*Parsley, chopped (optional)	2 Tbsp	1/4 cup	

* MA farm products needed for recipe. For ordering, see page 19.

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Preparation Tips:

- **Prepping Potatoes:** Mary Jan Carey of Westfield says, "Because you are using the skins, you need to remove any dark or brown spots with a paring knife. The easiest way to wash them is to place whole potatoes in a steam kettle, cover with water and wash potatoes by hand. Drain and rinse until water is clear."
- **Parsley:** For *chopped parsley*, pulse washed and dried leaves and stems in food processor, but do not over-chop. *By hand*, use large knife. Hold the bunch as closely together as possible; slice across from leaves to stem, using both. To *chop finely*, keep the knife point down and rotate it over the parsley as you chop, OR quickly raise and lower it onto the parsley. Optional, wrap in towel to keep dry.

NUTRITIONAL ANALYSIS PER SERVING

Calories	85	Vitamin A (IU)	62
Cholesterol (Mg)	7	Vitamin C (Mg)	14.58
Sodium (Mg)	70	Protein (G)	5.61
Fiber (G)	3.16	Carbohydrate (G)	12.1
Iron (Mg)	0.68	Total Fat (G)	1.92
Calcium (Mg)	128.06	Saturated Fat (G)	1.21