

2 minutes application break

Mashed Potatoes

Facts

Origin Europe

Dates back 16th century

Ingredients Potatoes, milk, butter and salt.

Side dish or ingredient in other dishes

MixSing Process



Design

Shear	CFD simulations confirms >200,000 s ⁻¹
Design	According to European legislation and CE marked
Hygiene	Complying with EHEDG guidelines
Viscosity	Up to 75,000 cP
Accessories	Vacuum system, scrape agitator
Materials	Stainless steel: AISI 316L. All materials: EC 1935

Insight

Mashed potatoes are a classic comfort food that people worldwide have enjoyed for centuries. The origins of mashed potatoes can be traced back to the 16th century in Europe when potatoes were first introduced as a new food source. Potatoes were initially met with scepticism and were not widely accepted as a food source until the 18th century.

The process of making mashed potatoes is relatively simple. Potatoes are peeled, boiled, and mashed with butter, milk, and salt. However, the key to making a perfect batch of mashed potatoes is to use the correct type of potato. A starchy potato,

such as Russet or Yukon Gold, is best for mashed potatoes as they break down easily and create a light and fluffy texture.

Mashed potatoes are versatile dishes that can be served as a side dish or used as an ingredient in other dishes. Some popular variations of mashed potatoes include adding different herbs, such as chives or parsley, to give the potatoes a unique flavour. Another variation is to add grated cheese or sour cream to the potatoes, which adds a creamy and rich flavour.

In traditional French cuisine, "Potatoes dauphinoise" or "Gratin Dauphinois" is a

classic dish that exemplifies how mashed potatoes can be used in other dishes. It is made by layering thinly sliced potatoes with cream and grated cheese and then baked in the oven. This dish is believed to have originated in the Dauphiné region of France, hence the name.

Another popular dish featuring mashed potatoes is "Shepherd's pie", a traditional English and Irish dish made by topping a layer of ground meat with a layer of mashed potatoes. The dish is baked in the oven until the potatoes are golden and crispy.



The power of simplicity

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