

Garlic Mashed Potatoes

A garlic fest that goes extremely well with roast chicken. Don't be put off by the amount of garlic which might seem quite daunting; it is blanched before use and that moderates its strength of flavour into something entirely softer. Trust me!

Planning

serves:	4 - 6
prep time:	10 mins
cooking time:	15 mins

Ingredients

18 cloves garlic, peeled
1kg potatoes, peeled
30g butter
15g plain flour
150ml milk
salt & pepper

Method

Blanch the garlic cloves in boiling water for three minutes. Drain them, let them cool a little, then mince/chop them very finely.

Cut the potatoes into even, large chunks before bringing them to the boil in a pan of salted water and simmering them until tender.

While the potatoes are simmering, make a garlic white sauce. Melt the butter over gentle heat and add the finely minced garlic. Cook the garlic gently in the butter, without colouring, for two or three minutes. Stir in the flour and continue cooking gently for another two or three minutes. Remove the pan from the heat and gradually beat in the milk avoiding any lumps (other than the bits of garlic, of course). When all the milk is incorporated, return the pan to the heat and bring to simmering point whilst stirring. Simmer the thickened sauce for two or three minutes to cook out any raw flour taste.

When the potatoes are tender, mash them and beat in the garlic white sauce.

Be prepared to wish you had made a larger quantity.