

Side Dish

Buttermilk Mashed Potatoes

America's Test Kitchen Cookbook - 2001-2012
Palm Beach Post

Servings: 4

To achieve the proper texture, it is important to cook the potatoes thoroughly. To reduce the likelihood of curdling, the buttermilk must be brought to room temperature and mixed with the cooled, melted butter.

2 pounds (about 4 medium) Yukon Gold potatoes, peeled and cut into 1-inch chunks

salt

6 Tablespoons (3/4 Stick) unsalted butter, melted and cooled

2/3 cup buttermilk, room temperature

ground black pepper

Place the potatoes in a large saucepan and add cold water to cover by one inch. Add one tablespoon of salt.

Bring to a boil over high heat. Reduce the heat to medium and simmer until the potatoes break apart very easily when a paring knife is inserted, about 18 minutes.

Drain the potatoes briefly, then immediately return them to the saucepan set on the still hot (but off) burner.

Using a potato masher, mash the potatoes until a few small lumps remain.

Gently mix the melted butter and buttermilk in a small bowl until combined.

Add the buttermilk mixture to the potatoes. Using a rubber spatula, fold gently until just incorporated.

Season with salt and pepper to taste and serve.

Per Serving (excluding unknown items): 1271 Calories; 138g Fat (95.9% calories from fat); 4g Protein; 10g Carbohydrate; 1g Dietary Fiber; 374mg Cholesterol; 64mg Sodium. Exchanges: 0 Non-Fat Milk; 27 1/2 Fat.