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by ewfood

Garlic Mash

Ingredients

2lb. mashing potatoes, peeled
1tsp. salt
0.5fl oz. olive oil
1 head of garlic
4fl oz. milk
2fl oz. cream
1 oz. butter
2 oz. parmesan cheese, grated

Servings
4
Person
Preparation Time
10
min
Cooking Time
20
min

Preparation

1. Preheat the oven to 200°C
2. Halve the potatoes and put in a pot with cold water and salt. Boil them on the stove for about 20 minutes until tender
3. At the same time that you are boiling the potatoes take the whole head of garlic and slice just the top and bottom parts off leaving the skin intact. Sprinkle the olive oil on the ends that you have removed
4. Wrap the garlic in aluminium foil and bake for 20 minutes or until it is soft to the touch. Preparing the garlic this way will give the mash more flavour
5. Combine the cream and milk and butter. Squeeze the soft garlic out of its skin into this mixture. Lightly heat this mixture until the butter melts
6. Add this mixture to the potato and mash with a masher
7. Add the parmesan cheese and mix it in with the mash and serve.

Cooks Note

Preparation time: 10 minutes; Cooking time: 20 minutes; Serves 4