

Garlic Mashed La Ratte de Paris Potatoes

Serves 6 people

Ingredients:

- 2 lbs La Ratte de Paris potatoes, rinsed well
- 1 ½ sticks of Earth Balance vegan butter or (butter if preferred)
- ¼ cup fresh chopped garlic (optional)
- 1 tbsp crushed garlic (optional)
- ¼ cup nutritional yeast flakes (optional)
- 1 tsp salt
- ¼ tsp pepper
- 1 cup unsweetened Coconut milk (or milk, either whole or skim)

Directions:

1. Place potatoes in large saucepan, cover with cold water and place over medium-high heat. When potatoes begin to boil, continue to cook for about 10 minutes.
2. Meanwhile, combine butter and both garlics in a small saucepan and place over very low heat. Stir occasionally. When butter has come to a boil, remove from heat and keep warm.
3. When potatoes are tender, remove from heat and drain well.
4. Place potatoes in a large mixing bowl with nutritional yeast, salt and pepper and mash well. Add butter and garlic mixture. Mix well using a hand mixer.
5. Continue mixing while adding Mimicreme or milk. Beat until fluffy.



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