



# Silken French Mashed Potatoes

## My First Silken Potato Disaster

I once tried to make these potatoes for a fancy dinner. I was so nervous. I rushed and didn't rinse the potatoes well. The result was a sticky, gluey mess. I still laugh at that. My guests ate it with kind smiles.

This taught me a good lesson. Rinsing the starch away matters. It is the secret to silkiness, not glue. Good food needs a little patience. Have you ever had a kitchen disaster that made you laugh later?

## Why We Cook Them This Way

This recipe uses a sous vide machine. It sounds fancy, but it's simple. You put everything in a bag. Then you let the warm water do the work. The butter and milk cook right into the potatoes.

This method matters. It makes the flavor so rich and deep. Every bite is smooth and perfect. *Fun fact: The French call this “pommes purée.” It means “applesauce of potatoes” because it’s so smooth!* Doesn’t that sound lovely?

## The Magic of a Food Mill

You must push the potatoes through a food mill or ricer. Do not use a mixer. A mixer can make them gummy. The mill makes them light as clouds.

I love the cranking sound of my old mill. It reminds me of my grandmother. She said good texture is a feeling of love. Do you have a kitchen tool that reminds you of someone special?

## Butter, Butter, and More Butter

The recipe uses a lot of butter. Twenty tablespoons! It seems like a lot. And it is. But this is a special treat. The butter is what makes it French.

This matters because food is about joy sometimes. Not just fuel. These potatoes are a celebration. They are for a Sunday supper or a birthday. What dish do you make only for very special days?

## Your Turn to Try

Follow the steps slowly. Rinse the potatoes until the water is clear. Let the bag bob in the water bath. Then mill and whisk. You will get a silken, pourable puree.

See also Festive Deep-Dish Apple Holiday Pie

Season with white pepper at the end. It gives flavor without black

specks. The final taste is warm and comforting. It feels like a hug from the inside. I hope you try it. Tell me, what will you serve with your silken potatoes?

## Ingredients:

Ingredient	Amount	Notes
Yukon Gold potatoes, peeled and sliced $\frac{1}{4}$ inch thick	2 pounds	
Unsalted butter	20 tablespoons (2½ sticks)	
Whole milk	1⅓ cups	
Salt and white pepper	To taste	Begin with 1 teaspoon salt in the bag.



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# Instructions

**Step 1:** Get your water bath ready. Use your sous vide machine to heat water to 194°F. It should feel very hot, but not boiling. This gentle heat is the secret. It will cook our potatoes perfectly. I love how quiet this part is.

**Step 2:** Wash the sliced potatoes. Rinse them in a strainer with cold water. Keep going until the water runs totally clear. This removes extra starch. (This step makes them extra smooth later, a hard-learned tip!). Then, shake off the extra water.

**Step 3:** Put everything in a bag. Add the potatoes, all that lovely butter, milk, and salt to a strong freezer bag. Push out the air and seal it tight. I use a second bag for safety—no one wants a buttery bath! Submerge it in the hot water and cook for 45 minutes. Doesn't that smell amazing already?

**Step 4:** Drain and mill the potatoes. Pour them into a strainer over a saucepan. Save that milky, buttery liquid! Now, rice the potatoes back into the pan. A food mill makes this so easy. **What's your favorite kitchen tool? Share below!** Whisk in the cooking liquid until silky.

**Step 5:** Make them super smooth. Press the mixture through a fine strainer one last time. Use a ladle to help it through. This gives you that famous French texture. Taste it and add a pinch of white pepper. Serve right away while they're dreamy and warm.

See also Mediterranean Christmas Skillet Feast



## Creative Twists

This recipe is a wonderful blank canvas. You can make it your own so easily. A little change can bring a whole new feeling to your table. I love playing with flavors on a lazy Sunday. Here are three fun ideas to get you started.

**Garlic & Herb:** Add two roasted garlic cloves to the bag before cooking.

**Cheesy Dream:** Whisk in a handful of grated Parmesan cheese at the very end.

**Spring Garden:** Stir in a spoonful of fresh chives or parsley after milling.

**Which one would you try first? Comment below!**

## Serving & Pairing Ideas

These potatoes are like a cozy blanket on a plate. They make any main dish feel special. I always think of my grandson when I make them. He likes a big, fluffy spoonful right in the middle. For a pretty plate, swoosh them with the back of a spoon. They look so elegant next to a simple roasted chicken or some seared fish.

For drinks, a crisp apple cider is lovely. It cuts through the richness. For the grown-ups, a glass of chilled Chardonnay pairs beautifully. Both make the meal feel like a celebration. **Which would you choose tonight?**



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### Keeping Your Silken Potatoes Silky

These potatoes are best fresh. But you can save them for later. Let them cool completely first. Then put them in a sealed container in the fridge. They will keep for two days.

I do not suggest freezing them. The texture changes too much. It becomes a bit grainy. Reheating is simple. Warm them gently in a pot on the stove. Add a splash of milk or cream while stirring.

I once tried to reheat them in the microwave. They dried out and splattered everywhere. A gentle stove-top reheat is the only way. Batch cooking is wonderful for a big family meal. Just double everything in the bag.

See also Frosted Apple Slab Pie Christmas

Having a ready-made side dish saves so much time. It lets you enjoy your guests. **Have you ever tried storing it this way? Share below!**

### Smooth Sailing for Your Purée

Sometimes mashed potatoes can be gluey. This happens if you over-mix them. Use a food mill or ricer. Do not use a food processor. It will make them sticky.

Your potatoes might seem too thin after mixing. Do not worry. Let them sit in the warm pot for a minute. They will thicken up nicely. I remember when mine looked like soup. I just waited, and it was perfect.



The flavor might taste flat. This means it needs more salt. Season carefully at the end. White pepper gives flavor without black specks. Getting the texture right builds your cooking confidence. Proper seasoning makes the whole dish sing.

**Which of these problems have you run into before?**

## **Your Quick Questions, Answered**

**Q: Is this recipe gluten-free?**

A: Yes, it is naturally gluten-free. Just check your butter and milk labels to be sure.

**Q: Can I make it ahead?**

A: You can cook the bag a day early. Keep it in the fridge. Then reheat and finish the steps.

**Q: What if I don't have Yukon Gold potatoes?**

A: Russet potatoes will also work. The texture will be a little fluffier, but still good.

**Q: Can I make a smaller batch?**

A: Absolutely. Just cut all the ingredients in half. Use a smaller bag for the batch.

**Q: Any optional tips?**

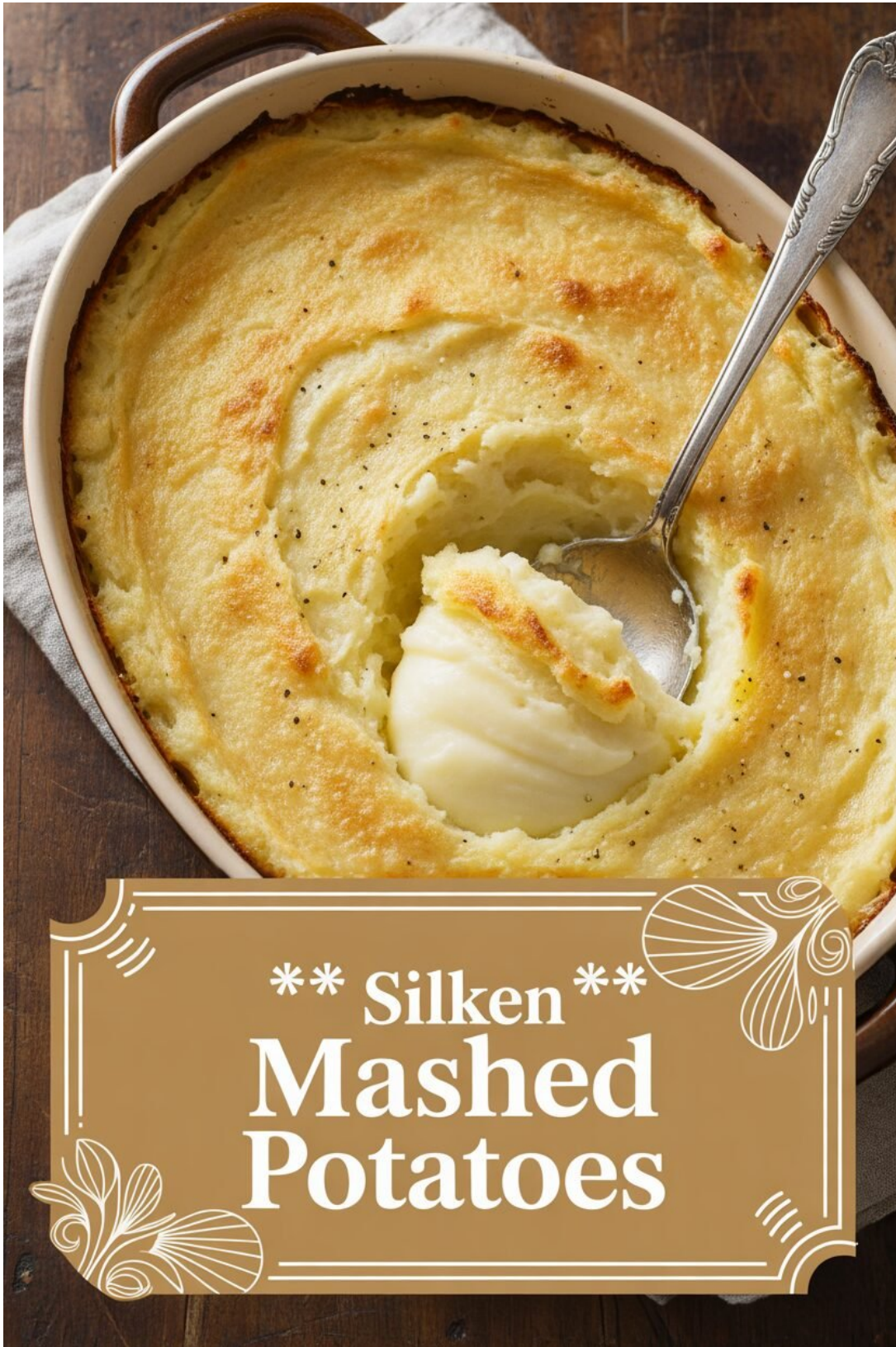
A: A pinch of fresh grated nutmeg is lovely. \*Fun fact: French chefs often add a tiny bit for warmth.\* **Which tip will you try first?**

## From My Kitchen to Yours

I hope you love making these potatoes. They feel like a warm, buttery hug. Cooking should be fun, not stressful. My door is always open for kitchen chat.

Tell me all about your cooking adventure. **Have you tried this recipe?** I would love to hear your story. Leave a comment below and let's talk food.

Happy cooking!  
—Elowen Thorn.





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