



# Mighty Spud Recipes

Love potatoes?  
Well of course you do.  
After all 'Mighty' is my  
middle name.

You shouldn't need an excuse to eat a potato for dinner - you can bake me, roast me, mash me and fry me! For the healthy cook I am very tasty in a soup and I am much more nutritious and lower in calories than my pasta and rice counterparts!

Spud  
Fact

**Did you know that one medium sized potato has just 100 calories and is absolutely fat, sodium and cholesterol free!**

Looking for new ways to spice up your spuds – check out these delicious potato dishes!

*The Mighty Spud*

## Homemade Smoked Potato Mash

by Simon Dougan,  
The Yellow Door

### Ingredients

6 – 8 large potatoes  
140g butter  
100g double cream (reduced by half)  
Seasoning

### LET'S GET COOKING...

Smoking at home is easy, all you need is a biscuit tin lined at the base with tin foil.

- Simply place slightly dampened wood chips in the tin. Smoking chips are easily available online.

This dish won the  
Mighty Spud  
Award 2016  
for its  
innovation!

- Place your cream and butter in separate metal containers on top of the chips inside the tin, and pop the lid back on.
- Place your biscuit tin on top of a low gas jet or electric ring for 20-25 minutes.
- Turn of the heat and allow the tin to cool for at least 30 minutes before opening.

Your smoked butter and cream will keep in the fridge for up to three days.

### Next up...

- Place potatoes in a saucepan of cold water with 2 pinches of salt. Cook until tender, drain and mash.
- Add the melted smoked butter and cream; season to taste.
- Fill three individual pie dishes with the smoked potato mash and add a knob of smoked butter on top.