

Mashed Potato

Serves 4

Cooking Time 20 minutes + 10 minutes preparation

4 potatoes, peeled and diced
3 tbsp milk
1 tbsp butter

Bring the potatoes to boil in a saucepan of water. Simmer for 15-20 minutes, until the potatoes are soft.

Drain the potatoes then return them to the saucepan, but not on heat. Add the butter then milk. Mash until smooth.

Baked Potatoes

Serves 4

Cook Time 1 hour + 5 minutes preparation

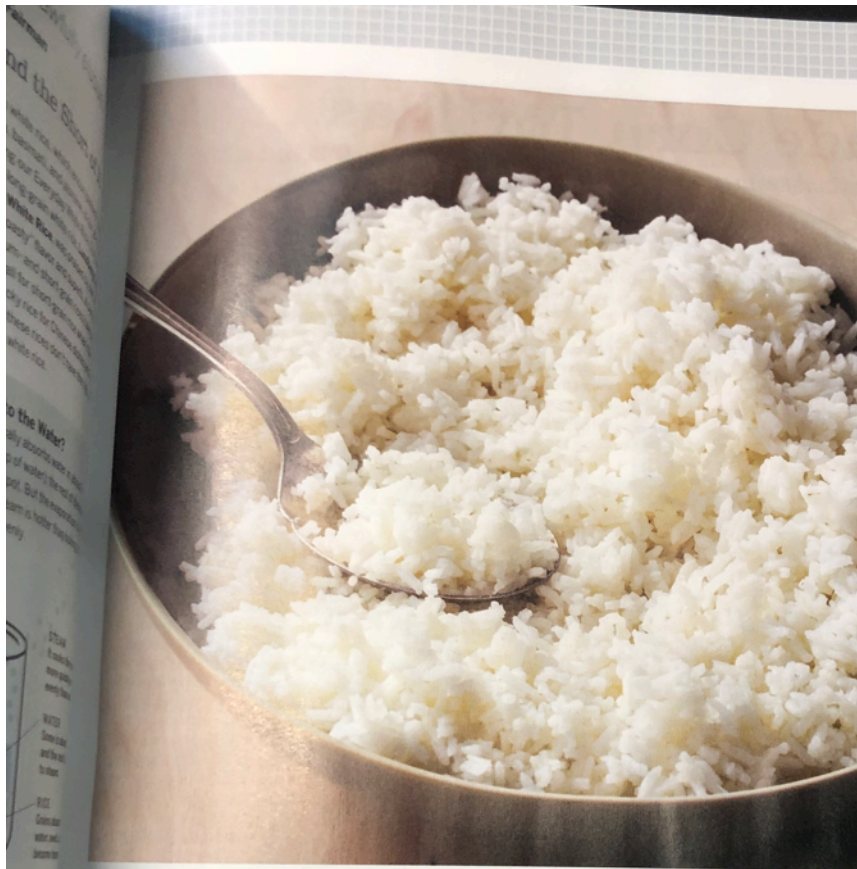
4 potatoes, 1 potato per person
Whichever topping you like (see below)

Pre heat the oven to 180°C/350°F.

Wrap the potato in foil and place in the oven. Depending on the size it could take anywhere from 40-60 minutes to cook.

Once cooked, eat as desired.

Stuffed Potatoes – Cut a “top” off the potato. Scoop out the inside and mash with some milk, an egg and some cheese; how much depends on how many potatoes you’ve done. It just needs to be smooth, but not too runny. Stuff this back into the potatoes you scooped it out of. Place them back in the oven on a tray for another 10-15 minutes, until the cheese melts and starts to go golden.



EVERYDAY WHITE RICE

Makes 6 cups

It's important to rinse the rice before cooking it to remove excess starch from the grains. Omit the salt if you're serving this rice with a salty dish such as a stir-fry.

- 2 cups long-grain white rice
- 3 cups water
- ½ teaspoon salt (optional)

1. Place rice in fine-mesh strainer and rinse under cool running water until water running through rice is almost clear, about 1½ minutes, agitating rice with your hand every so often.
2. Combine rice, water, and salt, if using, in large saucepan and bring to simmer over high heat. Stir rice with rubber spatula, dislodging any rice that sticks to bottom of saucepan.
3. Cover, reduce heat to low, and cook for 20 minutes. (Steam should steadily emit from sides of saucepan. If water bubbles out from under lid, reduce heat slightly.)
4. Remove saucepan from heat; do not uncover. Let stand, covered, for 10 minutes. Gently fluff rice with fork. Serve.

TO DOUBLE THIS RECIPE:

Increase rice to 4 cups and water to 6 cups. In step 2, use Dutch oven instead of large saucepan. After rice comes to simmer, cover pot, transfer to middle rack of 350-degree oven, and bake for 20 minutes. Remove pot from oven and continue with step 4.



5. Cover and reduce heat
Cover the saucepan and reduce the heat to low. (If using an electric stove, transfer the saucepan to a burner set to low heat.)
Why? The lid traps steam, which is the most effective and efficient cooking medium for white rice.



6. Simmer for 20 minutes
Let the rice cook undisturbed for 20 minutes. We suggest setting a timer.
Why? Twenty minutes is the sweet spot for fully tender, perfectly cooked rice.



7. Let stand off heat
Remove the saucepan from the heat and let it sit, covered, for 10 minutes.
Why? This final rest allows the rice to absorb any excess moisture and ensures that all the grains are cooked through.



8. Fluff and serve
Use a fork to gently fluff the rice before serving.
Why? Fluffing helps halt the cooking and improves the rice's texture by letting excess steam escape.