Mashed Potatoes for kids

Sides · ages 6 to 14 (grades 1st–8th) · about 40 minutes · serves 4

A volcano you can eat? Let's mash it, mash it, mash it into a Mashed Potato Volcano! Steps marked Grown-up step are for a grown-up to do.

Ingredients

- 4 potatoes
- 3 tablespoons butter (or oil)
- ½ cup milk (or oat milk)
- ½ teaspoon salt

Tools

A cutting board, A sharp knife (grown-up), A big pot, The stove (grown-up), A colander, A mixing bowl, A potato masher, Measuring cups, Measuring spoons, A big spoon, A plate.

Steps

1. Wash your hands with soap for twenty seconds, then let's make a mashed potato volcano!
2. Scrub 4 potatoes under cold water to wash off the dirt.
3. Grown-up step: A grown-up peels the potatoes and cuts them into chunks the size of an egg.
4. Drop the chunks into the cold pot, then pour in cold water to cover them.
5. Grown-up step: A grown-up boils them on the stove for 15 to 20 minutes, till a fork slides in easily.
6. Grown-up step: A grown-up drains them in the colander and tips them into the big bowl.
7. Wait 3 minutes for the steam to calm down.
8. Drop in 3 tablespoons of butter. Watch it melt!
9. Pour in ½ cup of milk.
10. Sprinkle in ½ teaspoon of salt.
11. Mash, mash, mash until the lumps are gone!
12. Spoon a mountain onto your plate and poke a crater in the top. It's a volcano!

Safety notes

- Sharp! A grown-up does this part.
- Hot! A grown-up does this part.
- Contains milk. Swap an ingredient for an allergy where the recipe lists a swap.

Kitchen science

Cooking softens the glue between a potato's tiny cells, so when you press down they slide apart into fluffy mash.

Make it your own

- Fill the crater with a spoonful of melted butter for lava.
- Mash in a handful of grated cheese for cheesy mash.
- Leave the skins on for rustic, lumpy mash.

Questions about mashed potatoes

Which potatoes make the best mashed potatoes? Floury potatoes such as russets make fluffy mash; Yukon Golds make creamy, buttery-tasting mash. Both work here.

Can a young child mash potatoes? Yes, once they've cooled for a few minutes. A grown-up holds the bowl still while the child pushes the masher straight down.

Can I make mashed potatoes dairy-free? Tap "Allergies?" and pick milk: the recipe uses oil for the butter and oat milk for the milk.

Free at peabody.kids/kitchen/mashed-potatoes