

Light French-Style Mashed Potatoes

Ingredients (2 servings)

- メークイン potatoes – **400 g**, peeled and cut into equal chunks
- Unsweetened soy milk (豆乳) – **120–150 ml**, warmed gently
- Greek yogurt – **30 g (≈2 Tbsp)**, room temp (adds tang and body)
- Olive oil – **10 g (2 tsp)** (optional, for silkiness)
- Salt – **3 g (½ tsp)** or to taste
- White pepper – a pinch
- Nutmeg – a whisper (optional, very French)
- Chives or parsley – finely chopped, for garnish



Technique

1. **Cook the potatoes gently:**
 - Instead of boiling, cover with **cold water**, bring just to a simmer, and cook gently until tender (≈15–20 min).
 - (Simmering vs rolling boil = less water absorption, preserves starch structure → creamier mash.)*
2. **Dry the potatoes:**
 - Drain well, then return potatoes to the pot over low heat for **1–2 minutes**, shaking gently to steam off excess moisture; prevents watery mash.
3. **Mash while hot:**
 - Pass potatoes through a ricer (best) or mash while still steaming hot to avoid gumminess.
4. **Incorporate liquids gradually:**
 - Heat **soy milk** until just warm (not boiling).
 - Stir in **yogurt** and **olive oil** if using.
 - Fold into potatoes little by little with a spatula or wooden spoon — don't overwork, or it gets gluey.
5. **Season & finish:**
 - Taste and adjust with **salt, pepper**, and a trace of **nutmeg**.
 - Serve topped with a sprinkle of **chives** or **parsley**.



Nutrition (per serving, with olive oil)

- **Calories:** ~180 kcal
- **Protein:** ~5 g
- **Fat:** ~5 g
 - Sat. Fat: ~0.8 g
- **Carbs:** ~30 g
 - Sugars: ~2 g
- **Fiber:** ~3 g
- **Sodium:** ~350 mg (depends on salt added)
- **Omega-3:** trace

Professional Tricks Without the Butter

- **Use a ricer + fold, don't beat.** French chefs never whisk — that releases too much starch.
 - **Infused soy milk:** Warm soy milk with a crushed garlic clove, bay leaf, or sprig of thyme, then strain before adding. Adds depth without fat.
 - **Finish with olive oil drizzle** at the table instead of whipping it in → looks refined and adds aroma.
 - **For ultra-smooth purée:** Push the mash through a fine sieve after ricing — takes extra time, but very restaurant-style.
-

Light French-Style Mashed Potatoes

Yield: 4 servings (side for 2 dinners)

Ingredients


- メークイン potatoes – **800 g**, peeled and cut into equal chunks
 - Unsweetened soy milk (豆乳) – **220–280 ml**, warmed gently (*add gradually*)
 - Plain Greek yogurt – **60 g (≈4 Tbsp)**, room temp
 - Olive oil – **15–20 g (3–4 tsp)** (*optional, for silkiness*)
 - Salt – **5–6 g (¾–1 tsp)** or to taste
 - White pepper – a pinch
 - Nutmeg – a whisper (optional, very French)
 - Chives or parsley – finely chopped, for garnish
-

Method

1. **Cook potatoes:** Place in pot, cover with **cold water**, bring just to a simmer. Cook gently until tender (≈15–20 min).
 2. **Dry:** Drain, then return to pot over low heat for **1–2 min** to steam off excess moisture.
 3. **Mash:** Rice or mash potatoes while hot.
 4. **Add liquids:** Warm **soy milk**. Mix **yogurt + olive oil** into milk. Fold gradually into potatoes until desired texture.
 5. **Season:** Add **salt, white pepper**, and **nutmeg**. Garnish with **herbs**.
-

Nutrition (per serving, with 18 g olive oil total)

- **Calories:** ~175 kcal
 - **Protein:** ~4.9 g
 - **Fat:** ~5 g
 - Sat. Fat: ~0.8 g
 - **Carbs:** ~29 g
 - Sugars: ~2 g
 - **Fiber:** ~3 g
 - **Sodium:** ~340 mg (depends on salt added)
 - **Omega-3:** trace
-

 **Serving tip:** Warm the soy milk with a clove of garlic or a sprig of thyme before straining and adding — it adds that “restaurant background note” without extra fat.