

“Smashed” Red Potatoes

Dan Ralston’s Kitchen

Serves 6-8

I serve these potatoes with my **Beef Bourguignon** or my **Coq Au Vin** instead of including the potatoes in the stews themselves. The important thing is the bay leaf. It gives the potatoes a wonderful flavor.

8-10 medium red potatoes, well scrubbed and cut in half (don’t peel)

Water to cover

Salt to taste

1 bay leaf

¼ Cup butter

Salt and pepper to taste

Place the potatoes in a large sauce pan and cover with water. Salt the water well and add the bay leaf. Bring the potatoes to a boil then turn down to a simmer. Simmer until fork tender, about 10 min. Drain the potatoes well then put them back in the same pot and shake over the heat briefly to further dry the potatoes. Remove from the heat and remove the bay leaf. Add the butter and salt and pepper then mash to a consistency you desire. The amount of butter, more or less, is up to you and I have actually used Smart Balance with equal success.

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