



## **MASHED POTATOES – From the Box**

*Here's how to make mashed potatoes from-the-box to serve four as a side dish.*



- \_\_\_\_\_1.    Get water.  
              Get liquid measuring cup.  
              Get microwave safe dish with cover.  
              Get refrigerated stick of butter  
              or margarine.  
              Get sharp knife.  
              Get salt.  
              Get measuring spoons.  
              Get milk.  
              Get potato flakes from box.  
              Get dry measuring cups.  
              Get fork.  
              Get potholders.



- \_\_\_\_\_2.    Measure 1 1/4 cups water.



- \_\_\_\_\_3.    Put water into dish.



\_\_\_\_\_ 4. Cut off 2 tablespoons butter or margarine.



\_\_\_\_\_ 5. Put butter or margarine into dish.



\_\_\_\_\_ 6. Measure 1/2 teaspoon salt.



\_\_\_\_\_ 7. Put salt into dish.



\_\_\_\_\_8. Measure  $\frac{2}{3}$  cup milk.



\_\_\_\_\_9. Put milk into dish.



\_\_\_\_\_10. Measure  $1 \frac{1}{3}$  cups potato flakes.



\_\_\_\_\_11. Put potato flakes into dish.



\_\_\_\_\_12. Mix.



\_\_\_\_\_13. Cover dish.



\_\_\_\_\_14. Open microwave. Put dish in.



\_\_\_\_\_15. Close microwave.





\_\_\_\_\_16. Set microwave for 3 1/2 minutes.  
Start.



\_\_\_\_\_17. Open microwave.



\_\_\_\_\_18. Put on potholders.



\_\_\_\_\_19. **Careful!** Take dish out of microwave.



\_\_\_\_20. Close microwave.



\_\_\_\_21. **Careful!** Take off cover.



\_\_\_\_22. Take off potholders.



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*Here's how to make mashed potatoes from-the-box to serve four as a side dish.*

*It's good to know these particulars:*

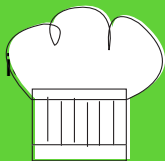
To make more or less, check the box of potato flakes to get the amounts of water, butter or margarine, salt, milk and flakes you need. Other than ingredient amounts, there are no other changes to the recipe when you change your serving size.

There's information about using a liquid measuring cup\* in the *Basic Start, Cupboards* section – *Liquid Measuring Cup* and the *How To's* section – *Measuring Cups*.

Information about using dry measuring cups\* in the *Basic Start, Cupboards* sections – *Dry Measuring Cups* and the *How To's* section – *Measuring Cups*.

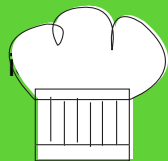
Learn how to use measuring spoons\* in the *Basic Start, Cupboards* section – *Measuring Spoons* and the *How To's* section – *Measuring Spoons*.

- \_\_\_\_\_ 1. Get water. Get liquid measuring cup. Get microwave safe dish with cover. Get refrigerated stick of butter or margarine. Get sharp knife. Get salt. Get measuring spoons. Get milk. Get potato flakes from box. Get dry measuring cups. Get fork. Get potholders.  
Get water from a faucet, a clean liquid measuring cup, a clean microwave safe dish with cover, a stick of butter or margarine from the refrigerator (this is important because it's easier to cut when cold), a clean, sharp knife to cut the butter or margarine, salt, a set of clean measuring spoons, fresh milk (check the expiration date to make sure it's still good), potato flakes from the box, a set of clean dry measuring cups, a clean fork and clean potholders.
- \_\_\_\_\_ 2. Measure 1 1/4 cups water.  
Using the liquid measuring cup, measure one and one quarter cups of water.
- \_\_\_\_\_ 3. Put water into dish.  
Put the water from the measuring cup into the dish.



- \_\_\_\_\_ 4. Cut off 2 tablespoons butter or margarine.  
Using your one hand, hold the stick of butter or margarine, in its wrapper, to keep it steady.  
Notice the markings on the wrapper. These show you where to cut for 1 tablespoon, 2 tablespoons, etc. Each stick is made up of 8 tablespoons.  
Using your other hand and the knife, on a safe surface, cut off two tablespoons of butter or margarine.  
Cut right through the wrapper.
- \_\_\_\_\_ 5. Put butter or margarine into dish.  
Using your hands, take the wrapper off the butter or margarine you just cut off and put the butter or margarine into the dish.  
Throw away the wrapper.
- \_\_\_\_\_ 6. Measure  $\frac{1}{2}$  teaspoon salt.  
Using the measuring spoons, measure one half teaspoon of salt.
- \_\_\_\_\_ 7. Put salt into dish.  
Put the salt from the measuring spoon into the dish.
- \_\_\_\_\_ 8. Measure  $\frac{2}{3}$  cup milk.  
Using the liquid measuring cup, measure two thirds cup of milk.
- \_\_\_\_\_ 9. Put milk into dish.  
Put the milk from the measuring cup into the dish.
- \_\_\_\_\_ 10. Measure  $1 \frac{1}{3}$  cups potato flakes.  
Using the dry measuring cups, measure one and one third cups of potato flakes.
- \_\_\_\_\_ 11. Put potato flakes into dish.  
Put the potato flakes from the measuring cups into the dish.
- \_\_\_\_\_ 12. Mix.  
Using the fork, mix together all the ingredients in the dish until well blended.
- \_\_\_\_\_ 13. Cover dish.  
Put the cover on to the dish.





- \_\_\_\_\_ 14. Open microwave. Put dish in.  
Open the microwave oven door.  
Put the covered dish into the microwave oven.
- \_\_\_\_\_ 15. Close microwave.  
Close the microwave oven door.
- \_\_\_\_\_ 16. Set microwave for 3 1/2 minutes. Start.  
Set the microwave oven cook timer for three and one half minutes.  
Start the microwave oven.
- \_\_\_\_\_ 17. Open microwave.  
Open the microwave oven door.
- \_\_\_\_\_ 18. Put on potholders.  
Put the potholders on to your hands as an extra precaution.
- \_\_\_\_\_ 19. **Careful!** Take dish out of microwave.  
Using your hands, carefully take the dish out of the microwave oven  
and put it on to a safe surface.
- \_\_\_\_\_ 20. Close microwave.  
Close the microwave oven door.
- \_\_\_\_\_ 21. Take off cover.  
Using your one hand and the potholder, hold the dish so that it is  
steady.  
Using your other hand and the potholder, carefully take off the cover  
from the dish and put it on to a safe surface.
- \_\_\_\_\_ 22. Take off potholders.  
Take the potholders off of your hands.



## **MASHED POTATOES – From Scratch**

*Here's how to make mashed potatoes from scratch to serve four as a side dish.*



- \_\_\_\_\_1. Get 3 just cooked (water drained), peeled and sliced, medium sized white potatoes (put back into the pot they were just cooked in).  
Get milk.  
Get liquid measuring cup.  
Get refrigerated stick of butter or margarine.  
Get sharp knife.  
Get salt.  
Get measuring spoons.  
Get black pepper.  
Get potato masher.



- \_\_\_\_\_2. Measure 1/3 cup milk.



- \_\_\_\_\_3. Put milk into pot.



\_\_\_\_\_4. Cut off 2 tablespoons butter or margarine.



\_\_\_\_\_5. Put butter or margarine into pot.



\_\_\_\_\_6. Measure 1/2 teaspoon salt.



\_\_\_\_\_7. Put salt into pot.



\_\_\_\_\_ 8. Measure 1/4 teaspoon black pepper.



\_\_\_\_\_ 9. Put pepper into pot.



\_\_\_\_\_ 10. Mash all together in pot.



\_\_\_\_\_ 11. *Decision.* Done. Potatoes creamy and not lumpy.

*or*





\_\_\_\_\_11A. *Decision.*

Not done. Potatoes lumpy and not creamy.

Measure another 2 table spoons milk and put into pot.

Repeat steps 10-11.



## **MASHED POTATOES – From Scratch**

*Here's how to make mashed potatoes from scratch to serve four as a side dish.*

*It's good to know these particulars:*

If you're making two to three servings of mashed potatoes, you will need 2 just cooked white potatoes, 1 tablespoon butter or margarine, 1/4 to 1/2 cups milk, 1/4 teaspoon salt and 1/8 teaspoon black pepper.

If you're making six to eight servings of mashed potatoes, you will need 5 or 6 just cooked white potatoes, 3 tablespoons butter or margarine, 2/3 to 1 cup milk, 1 teaspoon salt and 1/2 teaspoon black pepper.

*\*Learn how to peel, slice and dice fresh vegetables (and tear fresh lettuce) in the **Basic Start, Building Blocks** section – **Peeled, Sliced and Diced Fresh Vegetables**.*

*\*For information on how to cook white potatoes on the stove top, go to the **Basic Start, Building Blocks** section – **Stove Top Cooked Fresh Vegetables**.*

There's more information about using measuring cups\* in the **Basic Start, Cupboards** sections – **Dry Measuring Cups** and **Liquid Measuring Cup** and the **How To's** section – **Measuring Cups**.

Learn how to use measuring spoons\* in the **Basic Start, Cupboards** section – **Measuring Spoons** and the **How To's** section – **Measuring Spoons**.

- \_\_\_\_\_ 1. Get 3 just cooked (water drained), peeled and sliced, medium sized white potatoes (put back into the pot they were just cooked in). Get milk. Get liquid measuring cup. Get refrigerated stick of butter or margarine. Get sharp knife. Get salt. Get measuring spoons. Get black pepper. Get potato masher.

Get three just cooked (water drained) peeled and sliced, medium sized white potatoes (put back into the pot they were just cooked in), fresh milk (check the expiration date to make sure it's still good), a clean liquid measuring cup, a stick of butter or margarine from the refrigerator (this is important because it's easier to cut when cold), a clean, sharp knife to cut the butter or margarine, salt, a clean set of measuring spoons, black pepper and a clean potato masher.



- \_\_\_\_\_ 2. Measure  $\frac{1}{3}$  cup milk.  
Using the liquid measuring cup, measure one third cup of milk.
- \_\_\_\_\_ 3. Put milk into pot.  
Put the milk from the measuring cup into the pot.
- \_\_\_\_\_ 4. Cut off 2 tablespoons butter or margarine.  
Using your one hand, hold the stick of butter or margarine, in its wrapper, to keep it steady.  
Notice the markings on the wrapper. These show you where to cut for 1 tablespoon, 2 tablespoons, etc. Each stick is made up of 8 tablespoons.  
Using your other hand and the knife, on a safe surface, cut off two tablespoons of butter or margarine.  
Cut right through the wrapper.
- \_\_\_\_\_ 5. Put butter or margarine into pot.  
Using your hands, take the wrapper off the butter or margarine you just cut off and put the butter or margarine into the pot.  
Throw away the wrapper.
- \_\_\_\_\_ 6. Measure  $\frac{1}{2}$  teaspoon salt.  
Using the measuring spoons, measure one half teaspoon of salt.
- \_\_\_\_\_ 7. Put salt into pot.  
Put the salt from the measuring spoon into the pot.
- \_\_\_\_\_ 8. Measure  $\frac{1}{4}$  teaspoon black pepper.  
Using the measuring spoons, measure one quarter teaspoon of black pepper.
- \_\_\_\_\_ 9. Put pepper into pot.  
Put the pepper from the measuring spoon into the pot.



- \_\_\_\_\_ 10. Mash all together in pot.  
Using your one hand, hold the handle of the pot so that it's steady.  
Using your other hand and the potato masher, mash together all the ingredients in the pot until well blended.  
Mash by pressing down on the potatoes and the other ingredients in the pot with the masher and then lifting up the masher.  
Repeat this several times.  
You don't have to lift up the masher into the air; you should keep it close to the top of the pot.  
To finish off the mashing, I use the masher to stir the potatoes by whipping it around in a circular motion.
- \_\_\_\_\_ 11. **Decision.** Done. Potatoes creamy and not lumpy.  
You're done making mashed potatoes if they are creamy and not lumpy.
- or**
- \_\_\_\_\_ 11A. **Decision.** Not done. Potatoes lumpy and not creamy.  
Measure another 2 tablespoons milk and put into pot.  
Repeat steps 10-11.