

Create a Beta Mash

— with Chef Sophie Budd —

Budd Loves



Spuds

See other side
for recipe

Cashmere Gold



Make mouth-watering mash with creamy Cashmere Gold

Bright golden skin and deliciously creamy flesh make this Beta Spud perfect for the more simple techniques:



Boil



Mash



Fry



Roast

Ingredients:

- 4 large creamy Cashmere Gold Potatoes, peeled and cut into even sizes
- Butter
- Cream
- Salt

Method:

1. Wash and peel your spuds, cut into even sizes put into a pot of cold water and bring to the boil with a generous pinch of salt. Once the largest spud is cooked, drain in a colander and leave to steam for 5 minutes, getting rid of the excess moisture.
2. Then put the spuds into a pot with a couple of tablespoons of butter and a dribble of cream (or as much as you like) and another pinch of salt. Then mash on a gentle heat until all the potatoes are nice and smooth and serve.



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WA grown and produced, Beta Spuds are surprisingly healthy with virtually no fat, far less carbs than you think and more nutrients, vitamins and minerals than many superfoods. You can enjoy this recipe and many more without the guilt!

Learn more at
betaspuds.com.au