

Mashed Potatoes

Ingredients:

- 8 cups peeled and diced russet or red potatoes
Red potatoes may be cooked and mashed with the skins on. Russet potatoes are best peeled because of the coarse skins.
- 1 tsp. salt or to taste
- 1 cup cashew or soy or coconut milk

Instructions:

1. Cover potatoes with water and cook for about ½ hour or until very soft.
2. Remove from heat and drain off water.
3. Mash with a potato masher or use an electric mixer. Add milk and salt to taste, adding as much milk as needed for consistency you like.

Hint: It is important to mash the potatoes immediately after removing from the heat, or they will become starchy and gummy when mashed.

Serves 6-8.

Simple Gravy

Ingredients:

- 1 cup raw cashew nuts
- ½ tsp. salt (or more to taste)
- 2 tsp. onion powder
- ¼ tsp. garlic powder

- 1 Tbsp. Chicken-Like or Beef-Like Seasoning
- 1 Tbsp. Bragg Liquid Aminos or soy sauce (omit for chicken-like gravy)
- 1 Tbsp. food yeast flakes
- 3 Tbsp. flour or 2 Tbsp. cornstarch (I like flour better for gravy)
- 4-oz. can mushrooms after blending, or blend for 1 second just to chop coarsely (optional)
- Water to make 4 cups total mixture
- For extra flavor, I add a pinch of fresh rosemary

Instructions:

1. Place all ingredients in blender and blend on high for about 2 minutes until smooth.
2. When the mixture is so smooth that no graininess is felt in a drop of it between your thumb and finer, pour into a saucepan. Add the 1 ½ cups more water to the blender, swish it around, and add to the mixture in the pan. Bring to a boil, stirring constantly as it thickens to keep it from lumping. As soon as it thickens, remove from heat.
3. If a thicker sauce is needed, return to heat and slowly stir in more starch that has been dissolved in cold water, letting it come to a gentle boil as it thickens.

NOTES:
