



Mashed potatoes *with vegetable milk*



Doesn't everyone like mashed potatoes, nicely warm and soft? Except... that one always feels some discomfort after eating them? Ayurveda tells us why: milk, combined with salty dishes, clumps in the stomach and is then difficult to digest.

One could take a substitute from the health food store, made from soy, oats, or almonds. However, soy milk

etc. is "processed food", i.e. food which has been processed and preserved, and thus has already lost part of its nutritional value.

Therefore, we have developed a "vegetable milk" you can prepare yourself, perfectly suited for a tasty and easily-digested dish of mashed potatoes.

Organic* ingredients (for two portions):

- 400g - 500g floury potatoes
- a pinch of nutmeg
- salt to taste

Decoration

- 50g minced fennel
- 50g red bell peppers, finely diced

Vegetable milk

- 20g celery root
- 20g white cabbage or fennel
- 20g sweet potato
- 20g parsnip
- 350 ml water
- 1/4 tsp of broth granules
- 1/4 tsp ginger
- 1/4 tsp coriander
- 2 tablespoons of Ghee or sunflower oil
- 2-3 drops of agave syrup

* Organic-quality ingredients contain more nutrients and have more taste.



Mashed potatoes with freshly-made vegetable milk

Preparation:

Decoration

- Chop the fennel into small pieces and cook in a pan until golden brown.
- Cut the red peppers into fine cubes and steam them.

Vegetable milk

- Cook the celeriac, white cabbage, sweet potato, and parsnip in a little water, with the broth granules, ginger and coriander.
- Put 350ml of water, 2 tablespoons of Ghee, 2–3 drops of agave syrup and the vegetables in a high-performance mixer (smoothy mixer) and mix for about two minutes.
The vegetable milk should have the consistency of liquid cream.

Mashed potatoes

- Peel the floury potatoes, cook, drain and let any excess moisture evaporate.
- Mash with a potato masher, or put through a potato press if you like it smooth.
- Heat the vegetable milk and gently stir in with the mashed potatoes using a stable whisk until the mashed potatoes have the desired consistency. Some vegetable milk may be left over.
- Stir in a pinch of nutmeg and salt to taste.
- Serve onto preheated plates, sprinkle with the fennel and bell pepper decoration and pour a little hot Ghee or sunflower oil over it.

You can serve all kinds of vegetables with the mashed potatoes as per your tradition. Or serve it with a dark sauce, as an alternative to Ghee or oil.

Enjoy!