

Instant Mashed Potatoes

12-15 lbs of potatoes makes 4 medium trays

[Live. Life. Simple's: Freeze Dried Instant Mashed Potatoes –with Rehydration](#)

Ingredients:

12-15 lbs.
Potatoes



Directions:

1. Dice the potatoes into cubes for faster cooking. Boil all the potatoes and mash them using no oil butter or additives
2. Try to get the smoothest texture potatoes using the least amount of added water
3. When smooth, take a spatula and add to a parchment lined lined tray
4. Add potatoes until filled up to the rim of the freeze drying pan
5. Add tray dividers in the 40 portion setting to make portion size
6. Freeze in a freezer, then freeze dry
7. Use the portioned potato cubes to determine your storage amount (2 cubes = ¼ Cup of powder)
8. You can rehydrate these as cubes for a more chunky mashed potato or for a smooth texture, run the cubes through a food processor to make powder
9. Store Appropriately (See Tips and Tricks for storage help)

You can also use 1 tray for potato additives such as sour cream & cilantro

Cycle Time:

34 hours in medium freeze dryer
25.92 KWh

Rehydration for powder:

½ Cup Potato powder + 1 cup HOT water +
¼ Cup milk + 1 tbsp butter = 1 serving
Boil or heat all liquid (1 ¼ - 1 ½ C) together,
add to flakes and whip, let sit for 3-5 minutes

Rehydration for cubes:

4 cubes + ¼ Cup HOT water = 1 serving
Let sit for 3 minutes



Live.

Life.

Simple.

www.freezedryingcookbook.com

Cycle times & rehydration for reference only

* Large Tray = 8 Cups/tray Medium = 6 Cups/Tray Small = 4 Cups/Tray