

SMASHED POTATOES

Ingredients for 4 people

<i>500 grams of potatoes</i>	<i>400</i>
<i>50 grams of butter</i>	<i>350</i>
<i>½ glass of milk or cream</i>	<i>60</i>
<i>salt and pepper as you prefer</i>	
<i>total calories (about)</i>	<i>510</i>

Preparation

Boil the potatoes in a plenty of water. When you can go into them from side to side with a toothpick, they are baked.

Peel and smash them when they are still hot.

Put all the ingredients in a casserole and stir them till they are homogeneous.

Serve it well hot.