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How many pounds of potatoes per serving of mashed potatoes

Learn the secrets to making perfect homemade mashed potatoes with this recipe for mashed potatoes. They are creamy, fluffy, buttery--everything you want in mashed potatoes! Let me share with you 5 tips that will teach you how to make the best homemade mashed potatoes. They are the perfect side dish for Roast Turkey, Meatloaf, Chicken Marsala, New York Strip Roast, or Instant Pot Honey Baked Ham. Jump to: Mashed potatoes are an all-American, classic side dish that is a must for Sunday dinners and of course for the holidays. And while everyone can agree, that when done correctly, there is nothing more comforting than a big scoop of homemade mashed potatoes. But if mashed potatoes are lumpy, gummy, or flavorless, no one enjoys them. With my tips for perfect mashed potatoes, you will NEVER disappoint anyone with this recipe. It is simple, yet perfect. Notes on Ingredients Potatoes: Choose a starchy potato, like Russet or Yukon Gold. This is not the time to use red potatoes.Butter: Use unsalted butter to control the sodium content. You can use a dairy-free butter replacement, but the flavor will not be as rich.Milk: Use any fat percentage of milk you like, you can even opt to use cream or half and half. Keep in mind that the higher the fat content of your milk or cream, the richer, more luxurious your mashed potatoes will be.Sour Cream: Sour cream may sound like an odd addition, but the tanginess of the sour cream finishes off these potatoes perfectly. It also helps to keep them light and fluffy. Reduced-fat sour cream is fine to use, but do not use fat-free sour cream as the flavor is not as good. 5 Secrets to Perfect Mashed Potatoes Secret #1: Cook Potatoes Evenly The first step to achieving really great mashed potatoes is going to sound obvious. BUT, it is one that is easily overlooked--especially when in a hurry! It is really important to dice your potatoes into equal size chunks and to begin the cooking process with cold water. This will ensure that the potatoes all cook evenly and will be fork tender at the same time. If you have randomly sized pieces of potatoes, the smaller potatoes will become water-logged and mushy in the time it takes the larger potatoes to cook through. Secret #2: Get rid of Excess Moisture After your potatoes have cooked through, you need to drain off the cooking liquid. But draining off the water is not enough! Instead, place the drained potatoes back into the hot pan and cook over low heat for 1-2 minutes, or until all of the water has evaporated. This will let potato flavor really shine through and you won't be left with watered-down mashed potatoes. Secret #3: Do Not use a Mixer If you want to avoid gummy and tough mashed potatoes, skip mashing your potatoes with a handheld or stand mixer. This overworks the starch in the potatoes, turning them into a gummy mess. Instead, use a ricer, food mill, or handheld potato masher to mash up the potatoes into a smooth consistency. Trust me, this extra step is well worth the outcome! Secret #4: Add Warm Liquid Once your potatoes have been mashed, you want to stir in the cream and butter. But you do not want to add in cold butter or cold milk. This can cause the potatoes to seize up a bit. Instead, gently warm up your milk and butter on the stove or in the microwave and then add to the potatoes. By adding in warm milk and melted butter, the potatoes absorb that delicious flavor while staying light and fluffy. Secret #5: Add Flavor At this point, your mashed potatoes are great. But if you want memorable mashed potatoes, now is the time to add in some flavor. I always finish mashed potatoes with a generous scoop of sour cream. The sour cream adds creaminess, richness, and a bit of tang that makes these mashed potatoes incredible. You can also add in freshly grated Parmesan, fresh herbs, or roasted garlic for additional flavor. FAQs about Mashed Potatoes Which potatoes are best for mashed potatoes? For creamy, fluffy mashed potatoes, you want to choose a starchy potato-like Russet or Yukon Gold. And peel the potatoes for the creamiest mashed potato recipe. Red and white potato varieties are waxier and therefore best used for smashed or roasted potatoes. How much Mashed Potatoes should you make? As a side dish, you should plan on ½ pound of potatoes per person. That means if you are planning on 10 people, use 5 pounds of potatoes. 4 people, use 2 pounds of potatoes. Can you Freeze Mashed Potatoes? YES! Prepared Mashed Potatoes can be frozen for up to 2 months. To freeze leftover mashed potatoes, allow them to cool and then place in a freezer-safe bag. Freeze for up to 2 months. To reheat frozen mashed potatoes, place frozen mashed potatoes in a casserole dish. Cover with foil and bake at 350 degrees for 25 minutes. Remove foil, stir, and add in 1-2 tablespoons of additional milk. Cover again with foil and continue to bake for 10-15 minutes, or until warmed through. How to Keep Mashed Potatoes Warm? To keep your potatoes warm until serving, simply set the bowl of prepared mashed potatoes over a pot of simmering water--sort of like a double boiler. Cover the top of the bowl with plastic wrap and give the potatoes a stir every few minutes to keep the heat evenly distributed. You can hold your potatoes warm like this for up to 1 hour. Leftover Mashed Potatoes? Have you ever found yourself with way too many potatoes? If so, use them to make Pierogi Lasagna or Thanksgiving Egg Rolls. Serve Mashed Potatoes With I hope you enjoy this recipe for the BEST Homemade Mashed Potatoes. Please be sure to leave a comment and rating below. Recipe Peel and cube the potatoes into 1 inch cubes. Place into a large stock pan and cover with water. Salt the water with 2 teaspoons kosher salt. Bring the potatoes to a rapid boil, then reduce the heat. Simmer until the potatoes are fork tender (the chunks should fall apart easily when pieced with a fork.) Drain the potatoes and return to the hot pan. Place over low heat and simmer until all the moisture has evaporated-about 1-2 minutes.Run potatoes through a food mill or ricer or mash with a handheld potato masher until potatoes are smooth. Heat the half and half or milk and butter together in a small saucepan or in the microwave, until the butter is melted. Slowly fold the warm milk into the potatoes and mix until absorbed and creamy.Stir in the sour cream if using and serve. Taste and season with additional ¼ teaspoon salt as needed. Yukon Gold or Russet potatoes are best for creamy mashed potatoes. Half and half is best for the richest luscious mashed potatoes, but milk of any fat percentage can be used if desired. Dairy-Free Mashed Potatoes: Use vegetable stock in place of milk and use vegan butter in place of butter. Omit sour cream. Low Fat Mashed Potatoes: Use evaporated milk or skim milk in place of cream and decrease butter to only 1 tablespoon. Use low-fat sour cream. Serving Size: As a side dish, you should plan on ½ pound of potatoes per person. That means if you are planning on 10 people, use 5 pounds of potatoes. 4 people, use 2 pounds of potatoes. To freeze leftover mashed potatoes, allow to cool then place in a freezer-safe bag. Freeze for up to 2 months. To reheat frozen mashed potatoes, place frozen mashed potatoes in a casserole dish. Cover with foil and bake at 350 degrees for 25 minutes. Remove foil, stir, and add in 1-2 tablespoons additional milk. Cover again with foil and continue to bake for 10-15 minutes, or until warmed through. To keep the mashed potatoes warm until serving, simply set the bowl of prepared mashed potatoes over a pot of simmering water--sort of like a double boiler. Cover the top of the bowl with plastic wrap and give the potatoes a stir every few minutes to keep the heat evenly distributed. You can hold your potatoes warm like this for up to 1 hour. Calories: 281kcal | Carbohydrates: 43g | Protein: 6g | Fat: 10g | Saturated Fat: 6g | Cholesterol: 27mg | Sodium: 1059mg | Potassium: 1014mg | Fiber: 3g | Sugar: 3g | Vitamin A: 324IU | Vitamin C: 13mg | Calcium: 88mg | Iron: 2mg Snap a picture and tag #amindfullmom on Instagram - I would love to see! This post was originally published in 2017 but updated with new pictures and a video in 2020. How many potatoes is 100g mashed? How much is a serving of potatoes? How many kcal are in mashed potatoes? How many handfuls of pasta is a portion? What is the correct portion size of pasta? How many potatoes is 30 servings? How much is a serving of rice cooked? What is one serving of rice? How many people will 10 pounds of potato salad feed? How many pounds of potatoes will feed 50 people? How much is 2 lbs potatoes? Why are my mashed potatoes ghey? What is the best potato for mashing? How many potatoes do I need for 6 people? How much Mashed Potatoes should you make? As a side dish, you should plan on 1/2 pound of potatoes per person. That means if you are planning on 10 people, use 5 pounds of potatoes. 4 people, use 2 pounds of potatoes.Click to see full answer. Similarly one may ask, how many pounds of potatoes do I need for 50 people? Rate this Article: FOOD SERVE 25 SERVE 50 Peas (fresh) 12 pounds 25 pounds Potatoes 9 pounds 18 pounds Potato salad 3 quarts 1-½ gallons Salad dressing 3 cups 1-½ quarts Secondly, how many pounds of mashed potatoes do I need for 100 people? If you're cooking for 20 people, that means 15 pounds of potatoes. For 100 people, you'd need 75 pounds of potatoes. Also question is, how many pounds of potatoes do I need for 60 people? A: 100, 1/2 cup servings of potatoes needs 25 pounds of potatoes. However, if the group has other choices for sides, I think you can get by with about 15-20 pounds minimum.How many servings of mashed potatoes does 5 lbs make? 12 servings Professional First we should solve how many pounds of potato salad it takes to feed one person. In this case we know 3 pounds feeds 10 people. If we divide 3 pounds by 10 people we get 0.3 pounds of potato salad per person. Professional Appetizer Amounts for a Three Hour Party Food Up to 10 guests 40-50 Veggies 60 pieces 300 pieces Chips 1 pound 4 pounds Canapes 8 per person 400 per person Punch 2 gallons 8 gallons Professional When you're feeding a crowd, consider using pinto beans as the foundation for a Tex-Mex style salad bar or as the main ingredient for a hearty soup. Each pound of dry pinto beans makes 12 half-cup servings after being cooked, so 8.33 pounds will be required to make 100 servings. Explainer To use this food quantity chart: Food Type Approximate Amount for 50 Servings Vegetables, served as side dish, untrimmed, most varieties: broccoli, cabbage, carrots, eggplant, green beans, mushrooms, spinach, zucchini; sliced, diced or whole, Fresh 16-20 lbs Frozen Green beans, peas, corn, spinach, 10 lbs Explainer When Meat Is the Main: When cooking something like steak, roast, chicken, or pork, where meat is the main feature of the meal and paired with a few side dishes, we recommend about 1/2 pound (eight ounces) per person, up to 3/4 (12 ounces) pound for bigger appetites and those who love leftovers. Explainer The most common answer to this question is to allow 1/3 to 1/2 pound of raw potatoes per person. This translates to between 5 and 8 oz. of potatoes per person. Pundit Sam's Club offers either Tossed Salad or Chopped Romaine, both in 2 pound bags. 6 (2 lb. bags) = 150 servings (you will go through every bit of it). SALAD GREENS Romaine lettuce SIZE 1 1/2 lb bunch BITE SIZED PIECES 12 cups APPROXIMATE SERVINGS 8 Pundit "Mashed potatoes can be made almost completely ahead. Do nearly everything - boil, peel and mash; stir in milk and salt - up to two days ahead. Before serving, reheat. Adding butter at the last minute makes them taste freshly mashed." Pundit Pundit Overworking the potatoes. When potatoes are mashed, starch is released. The more you work the potatoes, the more starch gets released. When too much starch gets released, the potatoes become gummy, gluey, and unappetizing. We also suggest using a ricer or food mill for fluffy, lump-free mashed potatoes. Pundit Generally, three medium russet potatoes or eight to 10 small new white potatoes equal one pound. One pound of russet potatoes equals approximately 3-1/2 cups chopped or 2 to 3 cups mashed. Teacher One gallon will give you about 25 - 30 side portions, one quart yields 6 -7 servings, one pint serves 3 - 4 and ½ pint serves 1 - 2. Supporter Rate this Article: FOOD SERVE 25 SERVE 50 Peas (fresh) 12 pounds 25 pounds Potatoes 9 pounds 18 pounds Potato salad 3 quarts 1-½ gallons Salad dressing 3 cups 1-½ quarts Supporter A: 100, 1/2 cup servings of potatoes needs 25 pounds of potatoes. However, if the group has other choices for sides, I think you can get by with about 15-20 pounds minimum. Beginner The Best Way to Freeze Mashed Potatoes Cook your mashed potatoes just as you normally would, making sure to add plenty of cream and butter. If you prefer not to portion the potatoes, transfer the cooled mash to a large freezer bag or container, and store in the freezer until Thanksgiving. Beginner Green beans: 1½ pounds of beans make 6 to 8 servings. Mashed potatoes: A 5-pound bag of potatoes makes 10 to 12 servings. Beginner Or simply two cups is equal to 1 pound. So, How many cups in a pound? 2 cups. Beginner If you just need to keep them warm for an hour. Another tip that we've used before is to set your bowl of potatoes over a pot of simmering water, just like a double boiler. Cover the top of the bowl with plastic wrap or (our choice) a dish towel. Give it a stir every 15 minutes or so to keep the mixture well-heated. How much turkey per person? It's the age-old Thanksgiving dilemma. But it doesn't have to be such an ordeal. Just account for about 1 pound per person--unless you want leftovers, in which case you should account for about 1 1/2 pounds per person. For more intel on the subject, read on below. It's inevitable. Every Thanksgiving you question how you're supposed to choose the size of your bird. Was it one pound per person? Or two? And what about the mashed potatoes? There has to be a better method than just dumping bagfuls in a pot and hoping there's enough to go around. The pounds-per-person questions get asked on the Hotline every year, so it's time to draw your line on the scale: The Pros Propose* Steven Raichlen plans on 1 1/2 pounds of turkey per person: "This will make you feel properly overfed (as you should at Thanksgiving) and leave you with welcome leftovers. For me, a 12- to 14-pound turkey is ideal. For large gatherings, I'd rather cook two 12-pounders than one 24-pound monster. (It's easier to control the cooking.)" Virginia Willis shares all of the numbers you need to know: "In terms of turkey, it's best to think about 1 1/2 pounds or 24 ounces per person of on-the-bone turkey. About half of that weight will be bone, so that takes it from 24 ounces to 12 ounces, and you will lose about a quarter of that when cooking, so that results in approximately 9 ounces of cooked turkey per person--plenty for dinner and a bit extra for leftovers and sandwiches the next day. In regards to potatoes, my general rule of thumb is 1 1/2 medium Yukon gold potatoes per person, or since I am a big sweet potato fan, I estimate 1 sweet potato per person. In terms of gravy, I am a firm believer in there is no such thing as too much gravy." Our Head Recipe Tester Stephanie Bourgeois starts with 1/2 pound of uncooked potato per person, but thinks as long as you have space for leftovers, there is no harm in going over. Amanda Hesser uses 1/3 pound potatoes per person. (Want to know her proportions for perfect mashed potatoes? To serve 6 people, she cooks 2 pounds of potatoes then mashes in 1 cup of milk, 4 tablespoons of butter, 1/3 cup of heavy cream, and 1 1/2 teaspoons of salt.) Potatoes For holidays, boulangere usually counts 1 1/2 potatoes per person. "Everyone gets as much as they want, and you have those heavenly leftovers. At a more sane time, I go with 1 per person." According to Reiney: "It really depends on how large the potatoes are, and how much mash you want to serve--if you're talking the large russets, 1/2 to 1 each would probably be fine, with no leftovers. I usually err on the side of too much because they do seem to go quickly." The Bird Nutcakes' general rule is 1 pound per person, but argues that larger birds yield more, so you could plan for 3/4 pound per person. Darksideofthespoon goes for 1 pound per person too, but then adds a few extra pounds to ensure there's enough turkey for leftovers. Vittoria figures on 1/2 pound per person, but also adds more for the sake of leftovers. Tell us: What guidelines do you follow when deciding how much you'll need per person? Photos by James Ransom *You've earned yourself an extra slice of pie if you recognize this as an homage to Elizabeth Schneider! Your Everything Guide to Thanksgiving Your Everything Guide to Thanksgiving Top-notch recipes, expert tips, and more--it's all right this way. Check It Out Tags:

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