



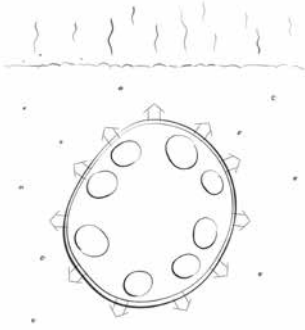
Tips & Techniques

*Mashing
& Slicing*

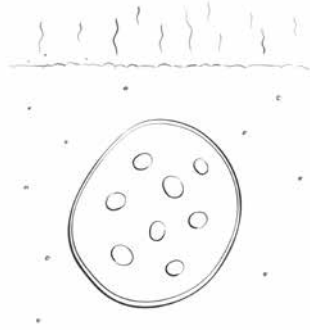
Sage[®]

The perfect mash

People often ask about the secret ingredient for a perfect mash...



Starch is released as cells are damaged in boiling water



Starch is trapped during first boil at 72°C

The real secret for that all boils down, pardon the pun, to starch. The difference between sticky and gluggy mash, or smooth and silky mash depends on how you prepare the potatoes. Starch expands and is trapped inside the potato if treated in the right way leaving the potato flavour where it belongs and allowing for a smooth, light, velvety finish. But if you let the starch start seeping out while its cooking or being mashed, the mash can get gluggy really quickly.

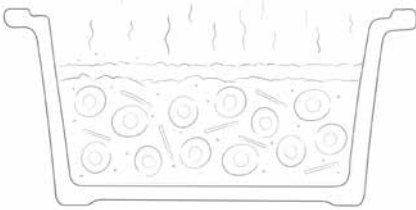
Boiling water can cause the cells within the potato to burst, releasing starch. To prevent this, wash off the surface starch before cooking, and then cook your potatoes in water at 72°C for half an hour. This will help to keep the starches trapped inside and intact. You can then rinse the potatoes and boil as you normally would.

TIP

When it comes to the mashing process, traditionally people have done it manually, using a ricer and sieve, but this process can be time consuming and leaves you with big gadgets to wash up. The variable masher attachment emulates the action of the ricer and the sieve, which mashes more efficiently and more simply. With a twist of the wrist, you can make authentic, rustic country style mash that's quite soft even without having added any butter. Also the plastic mesh is much more gentle on the potato than using a metal blade to cut the potatoes helping to further reduce starch escaping from the potatoes.

Precision with a twist

When it comes to slicing you don't just need to slice evenly, you also need to be able to adjust the thickness.



Thinly sliced vegetables improve flavour transfer



Thicker slices maximise flavour release in the mouth

Believe it or not, there's a lot more science to slicing food than just making things look pretty. Vegetable stocks and soups for example, develop more flavour with finer slices, whereas other dishes, like casseroles or salads can enhance flavours in the mouth using much thicker slices. So when it comes to slicing you don't just need to slice evenly, you need to be able to adjust the thickness of the slice from dish to dish as well.

The reason finer slices are better for stock is that flavour transfer works best when you maximise the surface area of the vegetables in the liquid. And the best way to do that is to slice your vegetables as finely as possible. But when you eat a cooked slice of leek, zucchini or carrot for example, the act of biting and breaking through the surface of the vegetable can actually help release more flavour into your mouth.

TIP

Save time prepping for a big meal with the variable slicing disc. This is an innovative attachment. The disc has 18 thickness settings cutting from 0.5mm for stocks to 6.0mm thick for a salad with plenty of flavour.

Sage[®]

www.sageappliances.com