



Seaweed Mashed Potatoes



Gluten Free

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READY IN

ready

110 min.

SERVINGS

servings

6

CALORIES

calories

705 kcal

SIDE DISH

Ingredients



1 block bonito



20 g katsuo bushi shaved



450 g butter salted diced



0.5 cup heavy cream 150 g



3 idaho potatoes peeled cut into large dice



15 g sheets kombu 15 g



3 g sea salt fine



45 g seaweed mixed dried

☐ 2000 g water

Equipment

☐ food processor

☐ bowl

☐ frying pan

☐ sauce pan

☐ knife

☐ whisk

☐ pot

☐ sieve

☐ blender

☐ plastic wrap

☐ mandoline

☐ potato ricer

☐ grater

Directions

☐ Watch how to make this recipe.

☐ Special equipment: potato ricer or food mill fitted with the fine grinding disk, high-speed blender or food processor

☐ In a saucepan, combine the water and kombu over medium-high heat and bring to a simmer. Adjust the heat to maintain a low simmer and cook for 20 minutes.

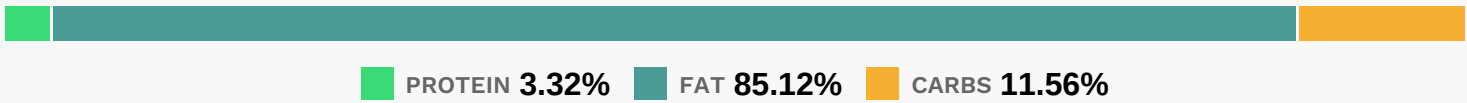
☐ Remove the pan from the heat and add the bonito flakes. Cover the pot and let stand for 10 minutes.

☐ Strain the liquid through a fine-mesh sieve placed over a clean saucepan and discard the contents of the sieve.

☐ Add the potatoes, place the pan over medium-high heat and bring to a boil. Reduce the heat to medium-low, cover and simmer until the potatoes are tender when pierced with the tip of a paring knife, about 40 minutes.

- ☐ Just before the potatoes are ready, in a small saucepan, bring the cream to a simmer over medium heat.
- ☐ Drain the potatoes, discarding the liquid. Pass the potatoes through a potato ricer into a small saucepan.
- ☐ Add the cream and whisk well to incorporate.
- ☐ Place over low heat and stir until the mixture is smooth.
- ☐ Whisk the 2 tablespoons Seaweed Butter into the potato-cream mixture until well blended, and then add the salt. At this point, transfer the potatoes to the desired serving vessel. This can be served family-style in a large serving bowl, or as a side dish in individual bowls. Using a mandoline, finely shave several pieces of the frozen seaweed butter and place a few pieces on top of the potatoes. Using a grater, grate a little of the bonito over the top.
- ☐ Serve right away.
- ☐ Put the seaweed in the blender and process on high speed until broken into fine pieces, 30 to 45 seconds.
- ☐ Transfer the seaweed to a large bowl and rinse under cold running water until fully hydrated, about 10 minutes.
- ☐ Drain the seaweed, return it to the blender, add the butter and process until fully blended. Divide the butter in half and transfer each half to a large sheet of plastic wrap.
- ☐ Roll the butter up in the plastic wrap pieces, forming two thick logs. Refrigerate one half and freeze the other. It will keep for up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:22.46, Glycemic Load:15.16, Inflammation Score:-8, Nutrition Score:9.3665216694707%

Nutrients (% of daily need)

Calories: 705.27kcal (35.26%), Fat: 68.13g (104.81%), Saturated Fat: 43.16g (269.78%), Carbohydrates: 20.81g (6.94%), Net Carbohydrates: 19.3g (7.02%), Sugar: 1.34g (1.49%), Cholesterol: 186.01mg (62%), Sodium: 736.03mg (32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.98g (11.96%), Vitamin A: 2178.46IU (43.57%), Vitamin B6: 0.38mg (18.84%), Potassium: 520.23mg (14.86%), Vitamin K: 14.4µg (13.72%), Vitamin E: 2.02mg (13.47%), Magnesium: 42.82mg (10.71%), Manganese: 0.19mg (9.4%), Phosphorus: 92.28mg (9.23%), Folate: 35.95µg (8.99%), Copper: 0.18mg (8.92%), Vitamin C: 6.49mg (7.87%), Calcium: 71.86mg (7.19%), Iron: 1.24mg (6.87%), Vitamin B1:

0.1mg (6.67%), Vitamin B2: 0.11mg (6.64%), Fiber: 1.51g (6.06%), Vitamin B3: 1.19mg (5.97%), Vitamin B5: 0.52mg (5.18%), Zinc: 0.58mg (3.87%), Vitamin B12: 0.16µg (2.65%), Selenium: 1.84µg (2.63%), Vitamin D: 0.32µg (2.12%)