



Smashed Potatoes with Roasted-Garlic Gravy

 Vegetarian

READY IN



1500 min.

SERVINGS



8

CALORIES



400 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon peppercorns black
- ☐ 2 carrots quartered
- ☐ 2 rib celery quartered
- ☐ 1.5 cups cooking wine dry white
- ☐ 0.3 cup flour all-purpose
- ☐ 1 large head garlic
- ☐ 1 leek washed quartered
- ☐ 2 tablespoons olive oil plus additional for drizzling

- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 onion unpeeled quartered
- ☐ 1 parsnips quartered
- ☐ 4 pounds potatoes boiling
- ☐ 0.3 cup soya sauce
- ☐ 1 turkish or
- ☐ 5 tablespoons butter unsalted
- ☐ 6 cups water cold

Equipment

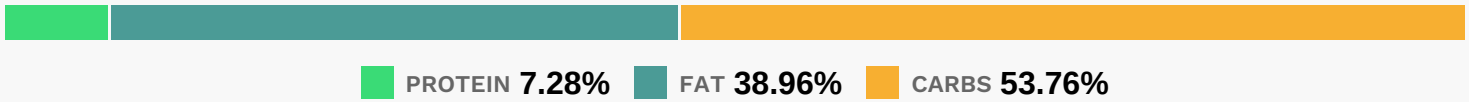
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ sieve
- ☐ aluminum foil
- ☐ measuring cup

Directions

- ☐ Preheat oven to 400°F.
- ☐ Separate 6 cloves from garlic (do not peel), drizzle with a little olive oil, and double-wrap tightly in foil. Roast until garlic is very soft, about 45 minutes.
- ☐ While garlic roasts, heat oil (2 tablespoons) in a 4-to 5-quart heavy pot over medium heat until it shimmers, then cook vegetables, remaining garlic cloves (separated but not peeled), bay leaf, and peppercorns, stirring occasionally, until browned, about 8 minutes. Stir in wine and boil until most has evaporated.
- ☐ Add soy sauce and water and simmer, uncovered, 30 minutes.
- ☐ Strain stock through a fine-mesh sieve into a large measuring cup. If you have more than 4 cups, boil to reduce; if less, add water.

- ☐ Unless they are very small, cut potatoes (peeled if desired) into 2-inch pieces. Generously cover with cold water in a 5-quart saucepan and add 2 teaspoons salt. Simmer, uncovered, until just tender, 12 to 15 minutes. Reserve 1/3 cup cooking liquid and stir butter and oil into it.
- ☐ Drain potatoes, then return to pan along with reserved liquid and coarsely mash. Season with salt and pepper and keep warm, covered.
- ☐ Mash roasted garlic to a purée.
- ☐ Melt butter in a heavy medium saucepan over medium heat. Stir in flour and garlic purée and cook, stirring, 2 minutes. Slowly add stock, whisking, then simmer 3 minutes. Season with salt and pepper.
- ☐ Stock or gravy can be made 3 days ahead and chilled.

Nutrition Facts



Properties

Glycemic Index:44.6, Glycemic Load:6.01, Inflammation Score:-9, Nutrition Score:18.564347624779%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 4.58mg, Quercetin: 4.58mg, Quercetin: 4.58mg, Quercetin: 4.58mg

Nutrients (% of daily need)

Calories: 399.55kcal (19.98%), Fat: 16.4g (25.22%), Saturated Fat: 5.82g (36.39%), Carbohydrates: 50.91g (16.97%), Net Carbohydrates: 44.88g (16.32%), Sugar: 6.25g (6.95%), Cholesterol: 18.81mg (6.27%), Sodium: 609.26mg (26.49%), Alcohol: 4.64g (100%), Alcohol %: 1.08% (100%), Protein: 6.89g (13.79%), Vitamin A: 2971.65IU (59.43%), Manganese: 0.75mg (37.65%), Potassium: 1272.09mg (36.35%), Vitamin C: 27.16mg (32.92%), Vitamin B6: 0.56mg (27.77%), Fiber: 6.03g (24.14%), Vitamin K: 24.89µg (23.71%), Copper: 0.42mg (20.96%), Phosphorus: 199.58mg (19.96%), Folate: 78.68µg (19.67%), Vitamin B1: 0.28mg (18.72%), Magnesium: 74.68mg (18.67%), Vitamin B3: 3.72mg (18.61%), Iron: 2.81mg (15.63%), Vitamin E: 1.99mg (13.26%), Vitamin B5: 0.94mg (9.37%), Vitamin B2: 0.15mg (8.86%), Zinc: 1.14mg (7.59%), Calcium: 66.45mg (6.64%), Selenium: 4.17µg (5.95%)