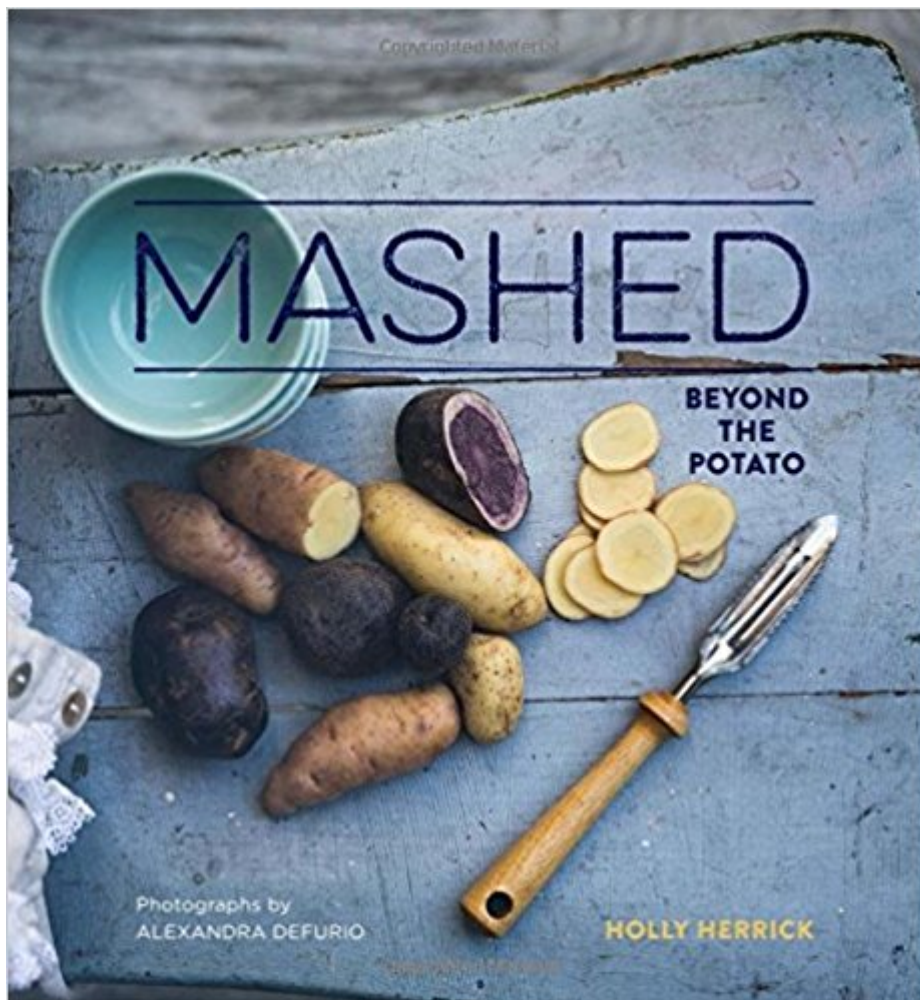


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# Mashed: Beyond The Potato



## Synopsis

This fresh take on classic comfort foods includes not only delicious variants on mashed potato dishes, but also gratins, soups, dips, sauces, guacamoles, pãtãs, casseroles, panna cottas, and sorbets made with a plethora of vegetables, fruits, beans, grains, nuts, eggs, and even meats. Hot or cold, savory or sweet, classic or innovative, rustic or elegant, Mashed shows that mashing doesnât need to stop at just traditional mashed potatoes. Holly Herrick holds Le Grande Diplome (honors) in Pastry and Cuisine from Le Cordon Bleu in Paris, France. She is a multi-awarded food journalist, cooking instructor and the author of eight cookbooks. Visit her at [hollyherrick.com](http://hollyherrick.com).

## Book Information

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## Customer Reviews

"I admit, I did not think of mashed foods much beyond potatoes and making baby food until I began to investigate Herrick&apos;s lovely volume. Her recipes have made me want to become a "mad masher" in the kitchen. She starts with potatoes, and in that same chapter begins with basic mashed white potatoes. Then, things just keep getting better and better ...Her writing is clear and concise, and the recipes are inventive and delicious sounding. This is a book to give to anyone who loves mashed potatoes and may want to branch out." - The Sun Times, 10/18/16"When someone mentions mashed food, what do you think of? Fluffy, buttery mashed potatoes, right?Food writer and cooking instructor Holly Herrick wants folks to think beyond the potato when it comes to mashed comfort foods. That&apos;s why in her eighth cookbook she looks at how to make simple, traditional mashed foods stand out, to make you want a second serving...Herrick says one must use

the "freshest, best-quality food and ingredients you can find;" must consider the texture of the recipe's main ingredient; layer flavors; and choose the correct method to mash." - The Advocate, 10/12/16 "Pureed parsnips topped with a brown butter and pecan drizzle make an unusual autumn side dish, while mango, peach and vanilla bean sorbet leaves us pining for summer. Photographs by Alexandra Defurio bring out the textures and colors of (Herrick's) dressed-up dishes." - Charleston Style & Design Magazine, Fall 2016 "In her latest cookbook, Herrick, a Charleston-based food writer, attempts to capture that feeling of youth and comfort with more than (65) recipes of mashed foods, including two for mashed potatoes (and several variations on that theme). But Herrick wants people to know that potatoes aren't the only food that can meet a masher -- or mill or mixer. As the name suggests, "Mashed: Beyond the Potato," explores the softer side of a variety of fruits, vegetables, grains, meats and sweets. I think that the softness of mashed food, it just can't help but be comforting. It just feels good," Herrick said. With the addition of sour cream, butter and parsley, the roughness of rutabaga is transformed into a silky smooth side dish. Macaroni and cheese gets a grown-up makeover with a butternut squash puree, and beads of pomegranate and orange elevate guacamole to a holiday-inspired dip." - WTOP, 10/21/16 "Mashes are redolent of homey comfort, yet can also be sophisticated and elegant, perfect dinner party fare.... This beautiful book carries you through the seasons with recipes that are fresh, simple, and out-of-this-world delicious." - Jamie Schler, Huffington Post, December 2016 "I admit, I did not think of mashed foods much beyond potatoes and making baby food until I began to investigate Herrick's lovely volume. Her recipes have made me want to become a masher in the kitchen. She starts with potatoes, and in that same chapter begins with basic mashed white potatoes. Then, things just keep getting better and better. The recipes offer more complex flavors, but are not necessarily more difficult to make. Herrick moves into different varieties of potato to a chapter on vegetable mashes that for the first time made apparent to me why cauliflower is the new darling of mashed and riced vegetable dishes." (Joan Leotta The Sun News 2016-10-18)

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Great quality book

Love it.

Like many, our concept of consuming foods mashed has been limited to the lovely potato. No more! Once I had a copy in my hand, I had a hard time deciding where to start! I spent a good afternoon and evening gazing at the wide array of choices. Where do I start? There is a good sized-section devoted to recipes that include potato, but the jewels are also in sections divided: vegetable (divided by seasons - yay), proteins including legumes and eggs, and the delights that fell into the fruit, nut and berry section. As a reader and a foodie, I found the book easy to read, and so enjoyed the information supporting mashed selections that each reader will choose. The photos are mouth-watering, and I have more post it notes in this cookbook than any other I own! Each one is a placeholder with great suggestions (mine or the authors!) as what to pair this with, or what occasion. My favorites? Ha! In which section? Too many to count. I first looked at my favorite go to produce in search of a great new twist and, thanks to the amazing ingredient combinations, clear instructions, and helpful tips, each recipe came out exactly, or even better, than I imagined! Then I saw intriguing ingredient lists, and just had to try something new because the pictures said: "make me - make me! I'm the perfect fit for you/your occasion. Who can say no to Holly's "Mashed"? Not me! I would highly recommend this to anyone wanting a delicious, good-looking collection that will have scrumptious dishes coming out of YOUR kitchen and disappearing off your table in record speed. Thanks Holly, for another great book!

I was given this book as a gift and I absolutely love it! I have several of Ms. Herrick's cookbooks but this one has quickly become my favorite (Soups and Stews is still a very close second). I love the fact that although Holly is a classically trained Chef, she makes all of her recipes very easy for even a beginner to follow. I have had the book for two weeks and I have already made the Smashed Gouda and Rosemary Crusted Baby Yellow Potatoes, Cheddar Two Summer Squash Mash and Roasted Cauliflower and Cheddar Soup with Bacon Crumble. All three were absolutely delicious! The directions are clear and easy to follow. I will be making the Roasted Eggplant Baba Ghanoush this weekend. I highly recommend this cookbook.

This hefty, beautifully written and photographed book will inspire you to try some new combinations in the kitchen. Rich comfort foods, yes, but many of the recipes are healthful and fresh for the way we eat today. Salads, desserts, dips and bakes that use easily sourced ingredients and recipes for a crowd or just yourself! The panzanella is a winner and I can't wait to make the hummus!

Love the variety of dishes. Shepherd's pie with Greek twist one of my favorites and the orange curd parfait was the hit of our dinner party!!

Thanks.

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