

SPUD FIT RECIPES



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SPUD FIT'S SIGNATURE MASH WITH FINE FRENCH HERBS

Andrew's go-to favourite, but a bit fancy!



WHAT DO I NEED?

Spuds

Veggie stock

Onion

Garlic

Plant-based milk

Nutritional yeast
(optional)

Chives

Parsley

Tarragon

Chervil

HOW DO I MAKE IT?

1. Boil lots of spuds until they are really soft (leave the skins on).
2. Mash them up as roughly or finely as you like.
3. Add stock powder, onion and garlic powder (or the real thing, sautéed in water first), and some nutritional yeast if you have it/like it.
4. Add a bit of plant-based milk (a light version, with no added oil) to make it easier to mash.

Now you have made *Spud Fit's Signature Mash!*

5. I add a finely chopped selection of fresh herbs (I *love* tarragon, chervil, parsley and chives) and stir through right before serving.
6. Season to taste.

So hungry writing these recipes.

NOTE: Mash will keep in the fridge for a few days and is okay for freezing.

GIANT CREOLE SPICED MASH CAKE

Just like mash, but better!



WHAT DO I NEED?

Spuds

Plant-based milk

Garlic (powdered or
fresh)

Onion (powdered)

Black pepper

Paprika

Cayenne pepper

Oregano

Thyme

Basil

(Optional) Chilli -
fresh or dried

(Optional) Fresh
lemon juice

HOW DO I MAKE IT?

1. Boil heaps of potatoes.
2. Add enough plant-based milk (no added oil) to make mashing easy, but not so much that it becomes sloppy. It needs to be bound but pretty dry for this recipe to work. Mash away!
3. Mix in the other ingredients.
4. Heap a pile of mash in a non-stick pan (if necessary, coat it in a little oil and wipe it *all* off with paper towel before adding the potato).
5. Flatten across the pan into a big thick pancake.
6. Cook on medium to high heat.
7. After 4 or 5 minutes, check the underside.
8. When it's browned, put a large dinner plate over the whole mash cake, flip the pan upside-down so the mash cake falls onto the plate and then then carefully slide it back into the pan to brown the other side. It's important that it's browned enough on the first side before you flip it otherwise it will come apart. If it does, eat it anyway, it doesn't taste any different!
9. Squeeze lemon juice over the top.
10. Season to taste right before serving.

Yum!

NOTE: This will keep in the fridge for a few days but you'll need to recook it in a pan if you want the original texture. Better to just keep the mash and make a new mash cake.

CHIPS WITH MUSHROOM GRAVY

Any Brits here? This is for you!



WHAT DO I NEED?

Spuds

Mushrooms

Onion

Garlic

Veggie stock

Potato flour

Parsley

Pepper

HOW DO I MAKE 'EM?

1. Preheat the oven to 180°C/356°F
2. Slice potatoes into wedges and arrange them in a single layer on a baking tray covered with baking paper.

The gravy:

3. Cover the bottom of a big pan with water and bring it to the boil.
4. Add veggie stock, onion and garlic (freshly chopped/minced or powdered) and mushrooms and sauté in water until mushrooms start to soften.
5. Add some sifted potato flour, little by little, waiting in between. It will eventually start to thicken and when it does it will happen quickly. You may need to alternate adding water and flour until it's the right balance of thick and runny.
6. Put the contents of the pan, the parsley and the pepper into a blender and mix on high. If it's very thick add more water - you want the final product to be a concentrated sauce full of flavour that is thin enough to flavour your chips but still able to be used sparingly.

NOTE: You can make a big batch of the sauce and freeze, or it will keep in the fridge in an airtight container for a few days.

POTATO WAFFLES WITH THREE RED SAUCES

Waffles: they make me think of The States (well after Belgium!).
This is for you!



WHAT DO I NEED?

Spuds!

Chillies (about 150g/
5 oz)

Tomatoes (0.5kg/17
oz)

Tomato paste (plain,
2 tbs or just under 1
oz)

Garlic

Onion

Vinegar

Pure maple syrup

All spice (ground)

Paprika

Mustard (I used
Dijon)

Black Pepper

HOW DO I MAKE 'EM?

I have to be straight up with you - you need a waffle maker for this recipe. If you have that, these are easy.

Waffles:

1. Boil spuds until they are pretty soft but not falling apart.
2. Cut them in half lengthways.
3. Heat up a waffle maker as high as it goes. You might need to season it before each batch - see notes at the start of the recipe section.
4. Stick in one half spud per waffle square and squash the whole lot as flatly and as evenly as possible. You'll need to keep squashing further (perhaps with the aid of a tea towel) for much of the cooking process.
5. Leave for ages - at least 15 - 20 minutes I reckon (depends on your machine!). When you are checking, do so very carefully, as it's pretty much a case of no second chances with the fickle thing that is potato waffles. You need to be able to open the lid without them pulling apart. You can try some gentle hinting with a wooden implement or similar.

The sauces

Sweet chilli:

1. Place the chillies (half de-seeded), a clove of garlic and 1/2 cup of vinegar in a food processor (or else chop very, very finely).
2. Move to a saucepan or pan, add 1/2 cup of maple syrup. Bring to the boil then reduce to simmer until it has thickened.

Tomato sauce (ketchup):

1. In a saucepan combine tomatoes, tomato paste, garlic and onion and bring to the boil.
2. Simmer on low for quite a while (maybe half an hour?), stirring occasionally, until the tomato is very soft and has broken down.
3. Add 1/2 cup/4 oz of vinegar and 1/4 cup/2 oz of maple syrup, and ground All Spice to taste. Cook for another 20 - 30 minutes until it has all reduced and become 'saucy'. Blend if necessary.

Barbecue:

1. Combine some of your tomato sauce (above) with some mustard, sweet paprika and black pepper. Add more vinegar and maple syrup to achieve your desired taste.

SWEET POTATO CHOCOLATE MOUSSE

No. Way. *Yes. Way!*



WHAT DO I NEED?

Sweet potatoes

Maple syrup (pure, not maple flavoured sugar!)

Pure vanilla essence

Cacao (or alternatively nutmeg or cinnamon)

HOW DO I MAKE IT? TELL ME NOW!

1. Peel and boil a few sweet potatoes.
2. Combine the maple syrup and a few drops of vanilla essence in a blender and whizz until smooth.
3. At this point taste it: it's so lovely and sweet - you might be content adding some nutmeg or cinnamon and be done with it, or else add a couple of spoons of cacao.
4. Blend and adjust ingredients to taste.
5. Pop in fridge to chill, serve garnished with mint.

Don't talk to me, I'm eating.