

# RUTABAGA



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## *Rutabaga Mash*

### INGREDIENTS

- 2 cups rutabaga, cut into 2" chunks
- 2 cups starchy potato, cut into 2" chunks
- 1-2 cups buttermilk
- ¼ - ½ cup butter (½ – 1 stick,) melted
- Salt and Pepper

PEAK SEASON

*September–November*

## DIRECTIONS

- 1** Peel and chop the potato and rutabaga and place in a large pot. Cover by at least 2 inches with cold water, then add two healthy pinches of salt. Bring to a boil over high heat and boil until the rutabagas and potatoes are soft, roughly 30-45 minutes.
- 2** Drain the potatoes well in a colander, then put them back in the warm pot. Allow them to steam for a moment or two.
- 3** Add butter and buttermilk, and mash well with a potato masher. You may not need all of the milk and butter – add half of each to start; add more milk if the texture is too thick, and more butter if there is not enough smoothness to the texture. Season well with salt and pepper to taste.

*Note: The trick to a perfect mashed potato is the correct ratio of butter, dairy, and potato. It's also important to season liberally, because potatoes, rutabagas, and other root vegetables tend to need a lot of salt to bring out their flavor.*

Recipe provided by  
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