



Stampotten Veggie Mash

A Scandinavian special dish with 2 or 3 root vegetables

1-pound medium red potatoes, washed, cubed
1/2-pound fresh farm carrots, peeled, medium sliced
Salt as desired
1 to 2 Tablespoons unsalted butter
1 to 2 Tablespoons olive oil
Salt, and ground black pepper to taste
1/2 cup fresh parsley, chopped

- Wash potatoes and carrots; place in large saucepan; cover with cold water.
- Add salt to water as desired.
- Cook over medium high heat until boiling; reduce heat to medium; cook until vegetables are tender when pricking them with a fork.
- Drain the liquid from the saucepan.
- Mash the vegetables until well mashed with only some small chunky pieces remaining. Add butter and oil while mashing the vegetables; season with salt and black pepper.

- Stir in chopped parsley. Serve veggie mash warm in medium sized bowl.
Serves: 4

About the Recipe: The potatoes can be combined with other root vegetables if desired. They are a tasty side dish to serve with meatloaf. This is a recipe that would be a great side for a dinner party.

Recipe Story: Stampotten

“When my sister and I were kids, my mother used to serve us potatoes and carrots mashed together, a dish she learned from her father. Eventually I learned that my Dutch great—grandfather, Benjamin Vanderhorst, who had a restaurant in Maineville, Ohio, was the source of the dish. Stampotten (stappa in Scandinavian cuisines) are simple purees of two or three root vegetables, usually potato plus carrot or parsnip or rutabaga, and they remain popular in old Dutch towns like Holland, Michigan, Pella, Iowa, and Minster, Ohio.

Story from: *Prairie Home Cooking* by Judith M. Fertig; p.187.