

Mashed Potatoes For One

This is the best homemade mashed potatoes recipe! Two Gold potatoes cooked in garlic infused milk and cream, mashed, and blended with butter, a touch of olive oil, and tangy stone-ground mustard. An absolutely delicious single serving mashed potatoes recipe.



4.88 from 8 votes

Prep Time	Cook Time	Total Time
10 mins	15 mins	25 mins

Course: Side Dish Cuisine: American

Keyword: grainy mashed potatoes, mashed potatoes, mustard mashed potatoes, potatoes, side dish, Thanksgiving

Servings: 2 servings Calories: 469kcal Author: [Joanie Zisk](#)

Equipment

- 2 quart saucepan
- Potato masher or immersion blender
- colander
- Large bowl

Ingredients

- 2 medium Gold potatoes , quartered and unpeeled
- ½ cup milk
- ½ cup heavy cream
- 2 cloves garlic , peeled and smashed
- ¼ teaspoon ground coriander
- 1 tablespoon salted butter
- 1 tablespoon olive oil
- 1 tablespoon stone ground mustard
- ½ teaspoon kosher salt
- pinch coarsely ground black pepper

Instructions

1. Chop the potatoes into quarters and place them in a small [saucepan](#). Add the milk, cream, garlic, and coriander and stir. Add a little extra milk or cream if the potatoes are not almost completely covered by the liquid. Cook on medium-high heat for 15-20 minutes or until potatoes are tender and the tip of a knife easily goes through.
2. When the potatoes are tender, put a bowl on the counter and a colander inside that bowl. Pour the potatoes through the colander, and the cream will collect in the bowl.
3. Put the potatoes back into the pot and mash them with either a potato masher or an immersion blender. Next, take some of the garlic-infused cream and fold it back into the potatoes until smooth and creamy.
4. Fold in the butter, olive oil and the stone ground mustard.
5. Season with salt and pepper.
6. Serve.

Notes

Expert Tips

- I highly recommend using Gold potatoes in this mashed potato recipe.
- Feel free to customize this recipe by adding in other herbs and spices.
- Although I love using stone ground mustard in this recipe, dijon mustard will also work.

Nutrition

Serving: 1 serving | Calories: 469kcal | Carbohydrates: 34g | Protein: 7g | Fat: 35g | Saturated Fat: 18g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 13g | Trans Fat: 1g | Cholesterol: 98mg | Sodium: 771mg | Potassium: 868mg | Fiber: 4g | Sugar: 5g | Vitamin A: 1183IU | Vitamin C: 34mg | Calcium: 140mg | Iron: 2mg