

Food skills

Mashing

Mashing is a technique used to break up soft food to a pulp by crushing it with a fork or potato masher.

This technique is used on starchy cooked vegetables such as kūmara and potato. It can also be used on cooked carrots, pumpkin and/or on raw ripe fruit with a soft texture i.e. bananas.

How to



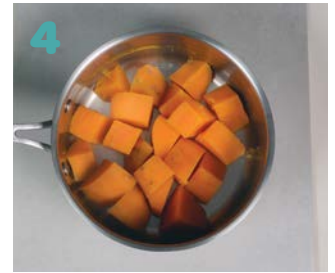
1 Cut the vegetables into even-sized pieces.



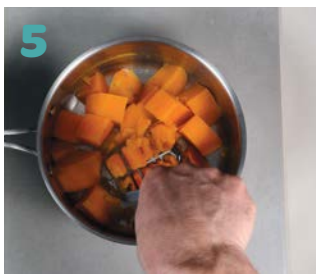
2 Place them into a pot and cover with cold water. Bring to the boil over a medium heat.



3 Cook until tender. Test by inserting a fork into the vegetables. They are cooked when it comes out easily.



4 Drain the water from the pot.



5 Using a fork or a potato masher, break up the vegetables.



6 Keep mashing the vegetables until they are smooth and lump free.



7 You can thin down the mash by adding milk, stock or some of the vegetable cooking liquid.



Kūmara and date loaf

(serves 16)

Ingredients

2 eggs
½ cup oil
½ cup plain yoghurt
1 teaspoon vanilla extract
1½ cups kūmara, cooked and mashed
½ cup chopped dates
1¼ cups wholemeal flour
½ cup brown sugar
2 teaspoons baking soda
1 tablespoon mixed spice

Method



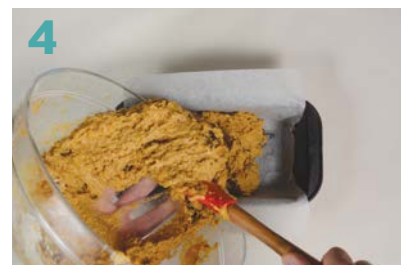
Preheat oven to 180°C.
Line a loaf tin with baking paper.



In a large bowl add the eggs, oil, yoghurt, vanilla, kūmara and dates. Whisk until well combined.



Then add the flour, sugar, baking soda and mixed spice to the mixture. Gently stir to combine.



Pour the mixture into the loaf tin. Bake for 40-45 minutes or until a skewer inserted into the loaf comes out clean.

For more recipe ideas and cooking tips visit
heartfoundation.org.nz/recipes and vegetables.co.nz