



Steamed Potatoes with Creamy Sauce

BY Hollywood Beat magazine Test Kitchen



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Steamed potatoes are a versatile side dish that goes well with various meals. Enjoy them alongside roasted meats or grilled fish. Why not take simple steamed potatoes to another level by covering them with a smooth, creamy sauce for an extraordinary celebration during festive holidays or any other noteworthy event?

Servings: 4-6 | **Difficulty:** Easy

PREP TIME: 5 minutes + **COOK TIME:** 20 minutes = **TOTAL TIME:** 25 minutes

Ingredients:

- 12 red or yellow new potatoes
- 1 heaping tablespoonful of butter
- 1 tablespoon of all-purpose flour
- 1/2 pint of half and half
- 10 drops of onion juice = approximately 1/10 teaspoon (a scant of an 1/8 tsp) or 1/8 of an onion grated
- Salt and pepper to taste
- 1 teaspoonful of chopped parsley

Directions:

- 1 Wash the new potatoes thoroughly to remove any dirt.
- 2 Steam the potatoes until a fork can easily pierce through them, about 15-20 minutes depending on size.
- 3 Prepare the Creamy Sauce While the potatoes are steaming, prepare the creamy sauce. In a skillet, melt

- the butter over medium heat.
- 4 Sprinkle the flour over the melted butter and stir continuously for a minute to form a roux.
 - 5 Slowly pour in the half and half while stirring constantly to prevent lumps from forming.
 - 6 Add the onion juice/grated onion, salt, and pepper to taste. Stir until the sauce thickens.
 - 7 Once the sauce has thickened, remove the potatoes from the steamer and let them air-dry for about five minutes.
 - 8 If desired, peel the steamed potatoes and cut them in half. Place them into the skillet with the creamy sauce.
 - 9 Stir gently to coat the potatoes with the sauce. Simmer for an additional five minutes to allow the flavors to meld together.
 - 10 Sprinkle the chopped parsley over the potatoes for a touch of freshness and added flavor.
 - 11 Serve the steamed potatoes with the creamy sauce while still hot.

Tips

Here are some tips for making Steamed Potatoes with Creamy Sauce:

1. **Choose the right potatoes:** For steamed potatoes, go for waxy varieties like new potatoes or Yukon Gold. They hold their shape well after cooking.
2. **Prepare the potatoes:** Wash the potatoes thoroughly and remove any dirt. If desired, peel the potatoes, although leaving the skin on can add texture and flavor. Cut the potatoes into equal-sized pieces for even cooking.
3. **Steam the potatoes:** Place the potato pieces in a steamer basket and set it over a pot of simmering water. Cover the pot and steam the potatoes until they are tender when pierced with a fork, usually around 15-20 minutes. Avoid overcooking as it can make them mushy.
4. **Season the sauce:** Season the creamy sauce with salt, pepper, and any other desired spices or herbs. Taste and adjust the seasoning according to your preference.
5. **Serve and enjoy:** Steamed Potatoes with Creamy Sauce make a delicious side dish. Serve them hot as a perfect accompaniment to grilled meats or as a standalone vegetarian option. Garnish with some fresh herbs like parsley or chives, if desired.

Notes:

To properly store steamed potatoes with cream sauce, follow these simple steps:

1. **Allow the potatoes to cool:** Before storing, let the steamed potatoes cool down completely. This will help prevent them from becoming mushy or losing their texture.
2. **Use an airtight container:** Transfer the cooled potatoes to an airtight container. Make sure the container is clean and dry to prevent any moisture from causing spoilage.
3. **Refrigerate promptly:** Place the airtight container with the potatoes and creamy sauce in the refrigerator. Cold temperatures will help preserve the freshness and flavor of the dish.
4. **Eat within a few days:** To preserve quality and flavor, it is best to eat the steamed potatoes with creamy sauce within two to three days.