

Soups and Sides

Instant Potatoes

Makes 6 Servings

Prep Time: None

Allergy Alert: None

Ingredients

- 2 cups water
- 1/2 teaspoon salt
- 3 tablespoons vegetable or olive oil
- 1 cup beef or vegetable stock
- 2 cups of instant potato flakes

Special Equipment: Two-gallon Zip Lock bag.

Instructions

Cooking Time: 10-20 minutes

Ideal Pot: Medium Mess Kit Pot

Coals: 10-15 Bottom and 0 Top (to boil water)

1. Pour 2 cups of water into a pot and bring to boil.
2. While water is heating, open a two-gallon zip lock bag inside a second mess kit pot with the edges folded down around the outside of the pot (see image).
3. Pour potato flakes and salt into the one-gallon zip lock bag.
4. Pour beef/vegetable stock into zip lock with potatoes.
5. Add oil and mix gently.
6. When boiling, remove the water from the coals and pour the hot water into the zip lock bag as it sits inside the mess kit pot. Use gloves or full hand potholders to avoid scalding.
7. Close the zip lock bag safely and let the potatoes sit. You do NOT need to get all the air out of the bag. Simply close it making sure you don't get burned. It should be ready in 10 minutes (or as indicated on the side of the instant potatoes box. It can sit much longer if the remainder of your meal takes longer to cook, but it is best if you start the potatoes about 10 minutes before your main dish is expected to be done.

Note: There is something called sous vide cooking. This refers to cooking vacuum sealed food in boiling water. It is a common practice. Brand name Zip Lock bags are made of the same material as vacuum seal bags made for sous vide cooking. The manufacturers' websites specifically state the bags are BPA-free and dioxin-free, which are the chemicals people are generally afraid of. So, I don't have any worries about chemicals leaching into my food from the plastic due to the boiling water. However, do not melt the bag by placing the pot in the fire or over the coals. Melted bags are not good to eat.

