

Aligot (Mashed Potatoes with Garlic and Cheese)

I first ate this mashed potato with cheese in southwest France, in the Tarn region, and it was, quite simply, the best mashed potato I've ever eaten. Research on my return revealed that it involved a special, lovely cheese called Cantal, not generally available – but after many experiments I have, I think, come up with something comparable, made with farmhouse Lancashire, which has a lovely, fresh, lactic flavour.



Serves 2

Ingredients

1 lb (450 g) Desirée or King Edward potatoes
2 fat cloves garlic, peeled and halved lengthways
1 oz (25 g) butter
8 oz (225 g) Lancashire cheese, grated
salt and freshly milled black pepper

1. Fill in the blanks with these words

bowlby placing thein a
saucepan	smallwith the butter, then leave it on
Begin this	the gentlest heat possible toand
melt	infuse for 30 minutes. Meanwhile, thinly pare and
garlic	discard theof the potatoes and cut them
cover	into even-sized chunks, or cut any large potatoes
pour	intoand small ones
lid	into..... Place the potatoes in a
skins	steamer, thensome boiling water
tender	straight from theinto a saucepan. Fit
sprinkle	the steamer over,the potatoes with 1
kettle	level dessertspoon of salt, put aon and let
quarters	themfor 20-25 minutes, until
steamin the centre when tested with a
halves	skewer. remove them, transfer to a
	large(preferably a warm one) and
with a cloth to absorb some of the
	steam

Now, with an electric hand whisk, switch to slow and begin to break up the potatoes, then add the butter and garlic, some black pepper and a handful of the grated cheese. Now switch the speed to high and continue adding the cheese, a handful at a time, while you whisk. There's a lot of cheese, but what will happen is that, as you whisk it in, the potatoes will turn translucent and glossy and, as you lift and whisk, it will form stiff, glossy peaks. When all the cheese is in, serve very quickly.

As the cheese goes in, the mixture becomes stiff and clings to the whisk, but keep going and it will part company with the whisk eventually. Also, if you want to keep it warm, place the bowl over a pan of simmering water, but don't leave it too long.

2. Retrouvez les mots ou expressions suivants:

Batteur mécanique	
A vitesse lente	
Une poignée à la fois	
Vont devenir	
Brillant,(laqué)	
raide	
Quand le fromage est intégré	
coller	
continuer	
Se séparer de	
A la fin	
Garder au chaud	
Eau frissonnante	
Trop longtemps	