

ALIGOT

Ingredients:

6 large potatoes
6 Tbsp. butter
1 cup *crème fraîche*¹
3 garlic cloves, minced or crushed with salt²
1 tsp. salt
1/2 tsp. pepper
8 oz. grated soft cheese³

Boil the unpeeled potatoes until they are tender (about 20 min. depending on their size) and peel them. Mash the potatoes quickly in a large heat-proof bowl while incorporating the butter, cream, and garlic. Salt and pepper to taste. While the mixture is still hot, incorporate the cheese. The mixture should be stringy. If necessary, place the bowl over a saucepan of boiling water. Serve hot. Serves 8-10.

ACTIVITIES

1. Do an experiment with this dish. Taste it each minute to determine how long you can leave it before serving so that it is still good. When is the cheese no longer soft?
2. Try cooking the potatoes by boiling, in the oven, or in the microwave. Which method of cooking gives the best result? What is the cooking time necessary for each method?
3. What is the method of cooking called when a bowl is placed over a saucepan of boiling water?
4. What herbs could be added to this dish?
5. With what meat(s) could this dish be served?

Notes

- ¹ *Crème fraîche* is whole cream which has not had all the bacteria which make it thicken removed. It is not always found in the U.S. You can make a substitute by mixing equal parts heavy cream and sour cream at room temperature. Refrigerate before using.
- ² A good way to mince garlic if you don't have a garlic press is to smash it with the side of a knife while incorporating salt.
- ³ This recipe is traditionally made with tomme. If you can't find it, use mozzarella or some other cheese which melts easily.