

Hutspot (Dutch Mashed Potatoes, Onions, and Carrots)

Hutspot is a beloved Dutch dish consisting of mashed potatoes, onions, and carrots. It's cozy, simple, and rustic. Serve it with braised or stewed beef, sausages, Dutch meatballs, or on its own for a comforting vegetarian option.



5 from 1 vote

Prep Time	Cook Time	Total Time
15 mins	20 mins	35 mins

Course: Side Dish Cuisine: Dutch Diet: Vegetarian Servings: 6 servings Calories: 249kcal
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Ingredients

- 2 pounds (900 grams) flouy potatoes such as russets, peeled and cut into 1 ½-inch pieces
- 1 pound (450 grams) carrots peeled and diced
- 1 pound (450 grams) onions peeled and sliced
- ½ cup milk
- 4 tablespoons (56 grams) unsalted butter
- ½ teaspoon ground nutmeg
- Kosher salt and freshly ground black pepper

Instructions

1. Add the potatoes, carrots, and onions to a large pot and cover with water. Season generously with salt. Bring to a boil over high heat, then lower the heat to medium, partially cover (be careful so it doesn't boil over) and simmer until potatoes and carrots are tender, about 15 minutes.
2. Drain the mixture then return it to the pot, off the heat. Add the milk and butter, then use a potato masher to mash the mixture to your desired consistency, either with some chunkiness and texture (more traditional) or smoother. Season with nutmeg, salt and pepper, and combine.
3. Serve immediately with gehaktballen (Dutch meatballs), kielbasa, stewed beef, by itself, or however you like.

Notes

- Use flouy potatoes such as russets. Peel the potatoes and cut them into pieces roughly the same size for even cooking. The potato pieces will oxidize and turn brown if they sit out too long, so immediately add them to your pot and cover with water to avoid this.
- This dish typically uses the Dutch winterpenen carrot variety which contains a lot of natural sugar. It's ideal if your carrots are on the sweeter side to mimic this, but any carrots will work.
- The most labor-intensive part of this recipe is peeling and chopping the vegetables. If you want to get a head start, you can peel and chop all of the vegetables and leave them in the

covered pot with water for several hours before cooking them.

Nutrition

Calories: 249kcal | Carbohydrates: 41g | Protein: 5g | Fat: 8g | Saturated Fat: 5g | Monounsaturated Fat: 2g | Cholesterol: 22mg | Sodium: 62mg | Potassium: 1030mg | Fiber: 5g | Sugar: 10g

Check out the original post for more information, step-by-step photos, and more by scanning this QR code!

