

Crispy Smashed Potatoes with Caramelized Onions + Sharp Cheddar

honestly can be a personal meal, or serves 2-4 people as a little appetizer
total time: 1 hour

This super rich dish is great for sharing, or you can keep it all to yourself. It embodies comfort + will delight anyone who prefers a salty, savory mouth experience.

Ingredients

1.5 lbs organic mini gold potatoes (i've found these to work best, but you can use any smallish potato)
1 large yellow onion, sliced thinly
avocado oil
fresh herbs (optional) like rosemary, sage or thyme, chopped
grass-fed sharp cheddar cheese

directions

1. Add 2 tablespoons of avocado oil to a large skillet over medium-high heat. Add sliced onion and a pinch of salt. Stir to coat the onion in the oil and salt. You're caramelizing these onions, so they'll be in the pan for around 30 minutes. Once they start to get some color on them, turn down the heat and stir every so often. If they start to stick to the pan, add a splash of water. Check on them periodically while you get everything else together.
2. Add potatoes to a large pot, cover with water and add 2 fistfuls of salt. Put over high heat and bring to a boil. Reduce heat to a simmer and allow potatoes to cook for 6-10 minutes. Check the potatoes by piercing with a fork or a knife - you want them to be cooked through, but careful not to over-boil or they'll be waterlogged. When they're done, drain and arrange on a sheet pan.
3. Allow the potatoes to cool for 3-5 minutes. Then use something sturdy with a flat bottom (I used a mason jar) to smash each potato. Press down firmly until the skin breaks, but don't like - smash it into a paste or anything.
4. Your onions will likely be done right about now. Remove them from the pan and set aside. In the same pan, pour in enough avocado oil to cover the bottom completely.



5. Place the potatoes in the pan and gently push down on them with the back of the spatula. Sprinkle with a little salt and pepper. Let them cook for 5 minutes *undisturbed*!
6. Flip the potatoes - the bottom should be golden and crispy. Press with the spatula, sprinkle with a little salt and pepper. If you're using fresh herbs, sprinkle them over the potatoes now. Allow to cook undisturbed for 5 more minutes.
7. Once they're done, transfer to a paper towel lined plate.
8. After all the potatoes are smashed and crispy, arrange them in a single layer on your serving plate of choice. Turn your oven on the high broiler setting. Distribute the caramelized onions as evenly as you can over the potatoes. Lastly, arrange very thin slices of the sharp cheddar randomly over the potatoes and onions. I like to get the cheese almost to the point of being shaved, and I don't over-do it.
9. Put in the oven under the broiler for 2-3 minutes until the cheese is melted and maybe just starting to bubble.
10. Serve immediately and enjoy! No judgement if you eat the whole thing on your own - definitely done that!