

Colcannon

Ingredients

450g (1lb) floury potatoes
(Kerr's Pink, King Edwards,
Desiree etc)

450g (1lb) curly kale
or green cabbage

6 spring onions

Approx 150ml (¼ pt) milk or cream

55 - 110g (2 - 4oz) butter, softened

Salt and pepper



Method

A comfort dish. If kale is not available then a green cabbage is a good substitute.

Eat with a soft poached egg on top for the ultimate comforting experience.

Remove the tough stalk from the kale or cabbage, wash and shred. Cook in boiling water until tender, approx 5-10mins. Drain well. Cook the potatoes in their skin until tender, drain and peel. While still warm mash until smooth.

While the potatoes are cooking, chop the onions and simmer in the milk or cream for about 5 mins. Add this gradually to the potatoes beating well to get a fluffy finish. Beat in the drained kale, seasoning well. Heat slowly over a gentle heat and serve in a large warmed bowl. Make a well in the centre of the potato mix and add the softened butter and bring to the table immediately.

Serves 4