

Taste is in our nature



Colcannon

Serves 6-8

A popular Irish Halloween dish that combines mashed potato and Savoy cabbage. This is a combination of the green, crinkly Savoy cabbage and good mashing potatoes.

INGREDIENTS:

- 1.5kg floury potatoes, unpeeled
- salt and freshly ground pepper
- 500g Savoy cabbage
- 1 cup milk
- 1 bunch spring onions, trimmed and finely chopped
- 2 tablespoons butter

DIRECTIONS:

Scrub the potatoes, put them in a saucepan of cold water, add a good pinch of salt, cover and bring to the boil.

After about 15 minutes, strain off two-thirds of the water. Cover, reduce to low heat and cook the potatoes until they are soft.

Prepare the cabbage; remove the dark outer leaves and discard, wash and cut into quarters, then remove the core and slice crossways.

Put a little water in a saucepan and bring to the boil. Add the cabbage and cook until soft.

Drain, season with salt and pepper and add a little butter.

When the potatoes are just cooked, remove them from the heat and drain off the water.

Allow them to cool just a little, then pull the potato skins off.

Put the milk in the empty potato saucepan, add the spring onions and remaining butter and bring to the boil.

Place the peeled potatoes back into the saucepan with the milk mixture. Mash quickly while they are still warm and cream them until fluffy. Stir in the cooked cabbage and adjust the seasoning to taste.

This is best served immediately in a warmed dish but it can also be made ahead and reheated later. If reheating, cover the dish with foil so it doesn't get too crusty on top, and put it in an oven preheated to 180°C and warm through for 20-25 minutes.

*Tassie cabbages
have loads of
excess
cabbage.*