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by ewfood

Colcannon Mash



Ingredients

1 ½ pounds potatoes
1 ½ cups of milk
1 ½ cups of boiled green cabbage or curly kale
1 tablespoon of butter
Salt and pepper to taste
½ cup chopped spring onions

Preparation

- 1 Boil the potatoes until they are tender and drain well
- 2 Mash the potatoes with a hand held potato masher
- 3 Toss the boiled, chopped cabbage and spring onions in the melted butter
- 4 Add the cabbage and butter to the potatoes and fold well
- 5 Season with the salt and pepper to taste
- 6 Serve with hot corn beef and a light parsley sauce... mmmm mouthwatering!

Cooks Note
