Posted on 20 February 2013

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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