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by Liz Robb

Colcannon



Ingredients

900g potatoes
75g butter
350g savoy cabbage
100ml milk
Salt and freshly ground black pepper

Preparation

1. 1. Peel the potatoes and cut them into chunks of a similar size. Put them into a pan of cold, salted water and bring to the boil. Cook for about 15 or 20 minutes, until they are tender.
2. 2. Wash and shred the cabbage. In a separate pan, melt the butter and stir fry the cabbage for about 3 minutes, stirring constantly.
3. 3. Drain the potatoes in a colander and steam dry them by placing a clean tea towel over them to absorb the excess moisture.
4. 4. Pour the milk into the potato pan and boil it. Turn off the heat, add the potatoes to the milk and mash them well together until really smooth. Season to taste. Add the cooked cabbage and any butter left in the pan and combine them together.
5. 5. Serve straight away in a serving dish as a hot, fluffy pile!
6. If you want to make this dish even more indulgent you can use double cream instead of milk.

Cooks Note

This is a traditional Irish dish, originally made from a mixture of potato and curly kale. Although it has simple origins, colcannon is now often served as a creamy and luxurious accompaniment for meats, casseroles and stews.