



Colcannon

(Mashed potatoes with greens)

Recipe by Cassie Smith

 Serves 6-8

 30 minutes

INGREDIENTS

- 1.5kg potatoes, peeled, coarsely chopped
- 1/2 cup (80ml) hot pouring cream
- 120g butter, softened
- 2 brown onions, finely chopped
- 2 cloves garlic, crushed
- 500g savoy cabbage, finely shredded
- Salt and pepper to taste

OPTIONAL

- Fried bacon bits
- Kale instead of cabbage
- Less brown onions and add spring onions

DIRECTIONS

1. Boil, steam or microwave potato until tender; drain.
2. Mash potato, cream and half the butter in medium bowl until mixture is smooth.
3. Melt remaining butter in large frying pan. Stir onion and garlic over heat until onion softens.
4. Add cabbage and continue stirring for about 2 minutes or until cabbage just wilts. Gently fold potato mixture into cabbage mixture.
5. Serve with an extra dollop of butter on top

Some of Cassie's favourite potato varieties:

Dutch creams : have a yellowish flesh they are creamy, waxy with a sweeter taste. A good all rounder

Brownells: have a reddish skin and white flesh and are great for mash but not so good for roasting

Kennebecs: more uniform in shape and denser flesh so good for chips and frying



Sundays
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