

Colcannon

Simply Recipes



Servings: 6

1. Boil the potatoes: Put the potatoes in a medium pot and cover with cold water by at least an inch. Add 2 tablespoons of salt, and bring to a boil. Boil until the potatoes are fork tender, 15 to 20 minutes. Drain in a colander.
2. Cook the greens and the green onions with butter: Return the pot to the stove and set over medium-high heat. Melt the butter in the pot and once it's hot, add the greens. Cook the greens for 3-4 minutes, or until they are wilted and have given off some of their water.
3. Add the green onions and cook 1 minute more.
4. Mash the potatoes with milk or cream and greens: Pour in the milk or cream, mix well, and add the potatoes. Reduce the heat to medium.
5. Use a fork or potato masher and mash the potatoes, mixing them up with the greens. Add salt to taste and serve hot, with a knob of butter in the center. NOTE: If you have leftovers, form the potatoes into patties, dust with a bit of flour and fry them in butter.

- 3 3/4 pounds russet potatoes, peeled and cut into large chunks
- Salt
- 9 tablespoons unsalted butter (with more butter for serving)
- 4 1/2 cups cabbage, lightly packed, chopped kale, chard, or other leafy green
- 4 1/2 green onions (including the green onion greens), minced (about 1/2 cup)
- 1 1/2 cups milk, or cream

Per Serving (excluding unknown items): 432 Calories; 20g Fat (39.3% calories from fat); 9g Protein; 59g Carbohydrate; 6g Dietary Fiber; 52mg Cholesterol; 56mg Sodium; 7g Total Sugars; trace Vitamin D; 142mg Calcium; 3mg Iron; 1397mg Potassium; 232mg Phosphorus. Exchanges: 45 Grain(Starch).

Carolyn T's Blog: tastingspoons.com