Potatoes Colcannon

Potatoes Colcannon is an Irish dish of mashed potatoes and kale or cabbage. In this version, we've added turnips for a boost of nutrition and flavor. See notes below for other recipe modification ideas.

Colcannon is a traditional dish for Halloween (a holiday with ancient Celtic origins) and is one of many fortune-telling foods served that day. A coin, ring or other item was often cooked inside and whatever trinket you found in your potatoes predicted your future. A coin meant wealth in the coming year, a ring meant you were soon to wed, etc... Due to the risk of choking or swallowing foreign objects, we don't recommend this practice!

Ingredients:

- 2 pounds Yukon Gold potatoes, scrubbed well and cut into chunks (2” dice or larger)
- 1 pound turnips, peeled and cut into chunks similar to the potatoes
- 6 Tablespoons butter, divided *
- 1 large onion, quartered and sliced thinly
- 1 bunch kale, stems removed, leaves washed and cut into bite-sized pieces
- 1/2 cup of milk *
- salt and pepper, to taste, plus a scant dusting of nutmeg, if desired

Method:

1.) In a medium pot, cover potatoes with salted cold water. Bring to a boil and cook for 15 minutes. In another pot, cover turnips with salted cold water. Bring to a boil and cook for 20 minutes. Drain both well. Mash coarsely and combine in a large bowl.

2.) Meanwhile, in a large skillet, heat 3 Tablespoons of butter over medium high heat. Add onion and cook for 10-15 minutes, stirring frequently. Add kale and cook for another 10 minutes more over medium heat, stirring frequently.

3.) Add kale/onion mixture and spices to the mashed potatoes and turnips. Stir sparingly to combine. If mixture is light and dry, add remaining 3 Tablespoons of butter and milk gradually, stopping to test after each addition. *If mixture is moist, you may skip the extra butter and milk. Enjoy!

Notes:

Peeled, Russet potatoes may substitute for Yukon Golds.

Try sautéed and well-dried cabbage instead of kale. Scallions (shorten cook time) or leeks may substitute for onions.

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