

Colcannon

Recipe By Ronit Peskin



Cooking and Prep:  1 h

Serves:  8

Contains: 

Preference: Dairy

Recipe by Ronit Peskin.

Difficulty: Easy

Occasion: Passover

Diet: Sugar Free, Vegetarian,
Gluten Free, Pescetarian

Source: Whisk by Ami
Magazine

Ingredients (11)

Main ingredients

- 8 large potatoes
- 1 large onion
- 2 tablespoons butter or oil
- 2-3 cloves garlic *(optional)*
- Milk or cream (as needed)

salt, to taste

black pepper *(optional)*

Cruciferous Veggie Options

1/2 head white cabbage

1/2 head red cabbage

1 head kale

1 head Swiss chard

Start Cooking

Prepare the Colcannon

1. Wash potatoes well, then boil in salted water until soft. Peel if desired. (The skin is full of nutrients.)
2. Heat the butter or oil in a sauté pan over medium heat.
3. Sauté the onions and garlic until golden.
4. Add cabbage, kale, or chard. Cook until soft.
5. Mash potatoes well. Add to pan and mix to combine with vegetables.
6. Add milk or cream until you reach the desired consistency. Some prefer their colcannon soupy; I enjoy it slightly runnier than regular mashed potatoes. Add salt and pepper to taste.