

Colcannon – Then & Now

Source: Ellen Siegel Serves: 4 -6

Classic Colcannon

A dish with historic roots in Ireland tied into holiday tradition. Here we present the famous old classic and an updated version to tempt your delight your palate.

Ingredients:

- 3 cloves garlic, peeled but left whole
- 8 medium all-purpose potatoes
- 1 bunch curly kale, ribs removed, leaves chopped
- 1 $\frac{3}{4}$ cup milk
- 1 leek, white part plus 2" greens, cleaned well, halved and sliced thin
- 1 TBSP chopped parsley
- $\frac{1}{2}$ tsp chopped fresh thyme
- 8 TBSP butter

Directions:

1. Peel potatoes, cut to 1" cubes. Simmer potatoes in milk, along with cleaned and sliced leeks, garlic and thyme, for about 20 to 25 minutes or until tender to a fork.
2. Mash potatoes and keep warm.
3. In skillet, sauté chopped kale until wilted. Cook 10 to 12 minutes. Combine sautéed kale and mashed potato and leek.
4. Add 4 TBSP butter and season with salt and fresh ground pepper. You could also use $\frac{1}{2}$ butter and $\frac{1}{2}$ EVOO.
5. Serve with a pat of butter on top of each serving.

Sweet Potato Colcannon

Ingredients:

- 2 large or 4 medium sweet potatoes or "yams."
- 1 bunch kale, ribs removed
- 1 leek, white and 2" green
- 3 cloves garlic, sliced
- $\frac{1}{2}$ tsp chopped fresh thyme
- $\frac{2}{3}$ cup (or more as needed) water or stock
- 2 TBSP butter
- 1 TBSP olive oil

Directions:

1. Bake yams in the oven at 350 deg F for 45 minutes to 1 hour depending on the size. Remove flesh from the skin to a bowl. Keep warm. You could also steam them until tender (do not boil).
2. Clean leek, halve and slice thin. Sauté in 1 TBSP butter and olive oil with sliced garlic until lightly browned.
3. Add chopped kale and sauté until wilted. Add water or stock and thyme. Simmer 10 to 12 minutes.
4. Combine cooked greens and mashed sweet potatoes. Add remaining butter and olive. Season with salt and pepper.