

Kale colcannon

Red Russian kale is delicious at the moment: the leaves can be steamed or boiled and served with a little garlic and butter, shredded and added to soups and stews or pasta dishes. This famous Irish dish traditionally uses kale rather than cabbage, but either can be used to make a truly hearty and wholesome comforting winter dish. You can choose whether to make a smooth and creamy mash, or crisp rosti-like quarters; either way, it's an amazingly simple dish – you can also add garlic, chilli, bacon, mushrooms, grated carrot, celeriac, parsnip, beetroot, cheese...

Serves 4

500g potatoes

1 onion or large leek

300g kale

50g butter

2 tbsp olive oil

salt & freshly ground

black pepper

extra butter or oil for serving



Peel, cube and boil the potatoes for around 15-20 minutes in a pan of slightly salted water, until completely tender. Meanwhile, shred and steam or boil the kale for about 5-10 minutes, depending on the thickness of the leaves and stems. Heat the oil in a frying pan and soften the onion or leek for a few minutes. Drain the potatoes and mash well, and season. Mix in the drained kale, and onion or leek. If you're going for a smooth mash finish, make a well in the middle of the potato mixture and add a little more butter or oil, so you can dip each forkful in. For a crispy colcannon, return half of the mixture to the frying pan for a few minutes; once crispy, turn over and place the rest of the colcannon on top. Once the bottom is crispy, flip again to create three crispy layers. Cut into quarters and serve – delicious on its own, with a roast, pie or other comfort food.



The apprentice: Kate Collins

Tel: 01793 772287
www.purtonhouseorganics.co.uk

Printed on FSC-accredited paper made from renewable sources