

# Springtime Colcannon

makes 6 servings

## Ingredients

8 russet potatoes  
1 small head of green cabbage  
1 small head of white cauliflower  
1 bunch green kale (de-ribbed and cut into pieces)  
1 bunch spring onions (reserve some green parts for garnish)  
2 leeks  
3 cloves garlic  
8 Tablespoons butter  
1 3/4 cups half and half (you can substitute milk)  
kosher salt and freshly ground black pepper (to taste)  
parsley (optional for garnish)

In a 350 degree oven roast quartered cabbage, cauliflower, garlic and leeks until tender. When fully cooked, remove the cores from the cabbage and cauliflower. Cut all roasted vegetables into bite size pieces and set aside.

In a sauté pan or skillet, sauté cut-up kale and sliced onions, reserving some of the green parts for garnish.

In large pan, combine peeled and cut-up potatoes and one teaspoon of salt. Add enough water to cover them and bring to a boil. Reduce heat to medium, cover and let simmer 15 to 20 minutes until potatoes are tender when pierced with a fork.

Immediately drain potatoes to remove any excess water. Return to low heat and cook for 1-2 minutes to remove any excess moisture. Stir frequently to prevent sticking. Heat butter and half and half in a small saucepan. Remove “dry” potatoes from heat and mash until there are no lumps. Stir in warm butter and half and half until you achieve a creamy consistency. Add salt and pepper to taste. Combine warm mashed potatoes with cut up cabbage, cauliflower, kale, leeks, garlic and chopped spring onions. For a traditional presentation, serve colcannon in a mound with a pat of butter on top, and a drizzle of half and half around the base. Garnish with chopped green onions and parsley on top and serve immediately.

Note: If you choose to add “charms” to your colcannon, cover in plastic wrap.