

313 MAIN STREET
AMES, IA 50010
515.233.4272

M-W 9:30am-6pm
TH 9:30am-8pm
FR 9:30am-6pm
SA 9:30am-5pm



Irish Colcannon

Serves 6-8

INGREDIENTS:

6 Russet potatoes, peeled
Salt
2 cups sliced Napa cabbage, green parts, packed
2 cups kale, torn and packed, about 4-5 stalks
2 leeks, thinly sliced
4 tablespoons butter
3 cloves garlic, crushed
1/2 cup milk
1/2 cup heavy cream, heated
1/2 teaspoon black pepper
1/8 teaspoon of cayenne (optional)
Butter for serving

DIRECTIONS:

1. Prepare the potatoes by peeling and cutting into 1" chunks. Place in a large pot, add water until all pieces are covered by at least an inch of water. Salt the water. Bring to a boil and simmer for about 20 minutes or until fork tender. Drain in colander. Cover to keep warm.
2. Prep the cabbage, kale, and leeks. In the same pot, melt the butter. Add the cabbage, kale, and leeks, and sauté until the vegetables are wilted. Add the garlic to the vegetables and sauté for an additional minute.
3. Add the milk and cream to the sautéed vegetables, and bring to a simmer. Continue to cook for another 5 minutes, or until the vegetables are quite soft. Add the black pepper and cayenne.
4. Remove the pan from the heat. Add the potatoes to the vegetables by ricing them directly into the pot. Stir to mix well. Add additional milk if needed to reach the desired consistency. (Alternatively, add the cooked potato chunks to the vegetables and mash with a potato masher until smooth and mixed well with the vegetables.