



LOON ORGANICS

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Colcannon is a traditional Irish dish traditionally eaten around Halloween, but we always make it around St. Patrick's Day and end up eating it often in the fall when potatoes, kale and cabbage are at their peak. If you (or another eater) are not a fan of kale, you will barely notice the kale is in the potatoes. It's comfort food at its best and kids will love it. To make it even richer, use cream or half-and-half instead of milk.

Colcannon

6 large potatoes, boiled
4 Tablespoons butter
2 leeks, white and light green parts chopped OR 1 large onion, chopped
½ bunch kale, destemmed, chopped, and cooked
2 cups cabbage, chopped and cooked
¼ pint cream
Salt and pepper to taste.

Mash the potatoes. Melt the butter in a large heavy-bottomed pan and sauté leeks or onions in butter until soft and tender. Add potatoes to pan and mix together. Add cooked cabbage, kale, and cream to potato mixture. Mash or whip until fluffy. Serve warm with more butter, and season with salt and pepper to taste.