

Irish Colcannon

Author: Amber Gibson



Serves about 10.5 - 1/3 cup servings.
Protein: 2 g per 1/3 cup serving
Calories: 148

Ingredients

- 700 g Chopped White Potatoes
- 1 1/2 tsp Cambrooke Chicken-Flavored Consommé & Seasoning, dry, divided
- 2 c Water
- 175 g Parsnips, raw, slices,
- 8 TBSP Butter, regular or unsalted, cut into pieces
- 40 g Diced Onions
- 280 g Shredded Green Cabbage
- 1 tsp Dried Chives
- 1/2 c Rice Dream, Original

Directions

1. In a medium pot add the potatoes and 2 cups of water and one tsp of Cambrooke's consommé powder. Cook over medium heat until the potatoes are for tender. Drain over a bowl and reserve the potato water. We will use this again later! While potatoes cook, steam the parsnips.
2. In a large rimmed skillet add the butter and melt over medium low to medium heat. You do not want the heat too high as you do not want the butter to burn. Cook the butter until it has a nice nutty aroma and has browned some. Remove 1/4 cup of the butter and set aside for use later. Add the onions to the skillet and sauté over medium heat for one minute. Now add the cabbage and chives. Gently coat in the browned butter and onions. I suggest using tongs to do this as they make it easier to turn the cabbage. Continue to cook the cabbage until wilted and begins to brown.
3. While the cabbage cooks, mash the potatoes and parsnips together. Add the rice and mix to combine. Now you can add the reserved potato broth a little at a time until the mashed vegetables are nice a fluffy. It took about 1/4 cup of the broth for me. I saved the rest for another use.
4. Remove the cooked cabbage from the skillet and add to the mashed vegetables and gently fold to combine. In the skillet add the remaining browned butter we set aside from earlier. Add the rest of the potato broth and cook until the sauce reduces by a third, about another three minutes or so. You can cook a little longer if too thin.
5. Add the butter sauce to the colcannon and stir to combine. Serve hot. Enjoy

Note: Be cautious when seasoning with added salt and pepper. The broth can be salty, which seasons nicely on its own.