



COLCANNON: POTATOES & CABBAGE

2-3 pounds of potatoes, peeled
1 small head of cabbage, shredded or chopped OR 1 bunch of cleaned, chopped greens
1 onion, chopped
1-2 cups other vegetables, such as carrots or turnips, if desired
1-1 1/2 cups milk
1-2 cups cheese, shredded
2-4 tablespoons butter
Salt and pepper to taste

Scrub or peel the potatoes. Cut up and put in a large pot to boil with chopped onion. Turn heat to low or simmer after they boil. After they have boiled for 10 minutes, add shredded cabbage and cover with a lid, cooking for about 5-10 minutes more. When tender, drain; add enough fresh milk to mash the potatoes. Begin mashing the potatoes and cabbage with a potato masher, adding the milk a little at a time. When the consistency is right, season with salt and pepper and add butter and cheese. Stir until melted. Serves 6.