



CLONAKILTY

COLCANNON MASH





Colcannon Mash

Recipe by Chef Kevin Dundon

Ingredients

- 4 large potatoes, peeled
- 150g cabbage, shredded
- 20g Butter or oil
- 2-3 tbsp white wine or vegetable stock
- 60ml Irish Yogurts Clonakilty Low Fat Greek Style Natural Live Yogurt
- Salt & Pepper
- **Whipped Butter**
- 150g butter
- 1 tbsp flat leave parsley, chopped
- 1 tbsp Irish Yogurts Clonakilty Low Fat Greek Style Natural Live Yogurt

Directions

- Bring the potatoes to the boil, then simmer for 15-20 minutes or until completely tender
- In the meantime, beat the butter until smooth and pliable. Remove the beater and add the whip attachment and whip for a further 5-10 minutes until colour lightens. Add a spoon of yogurt and whip to let it combine. Stir in some parsley and set aside.
- Once the potatoes are tender, remove from the heat and drain in a colander. Pass the potato through a potato ricer or using a potato masher until a smooth mash is achieved. Keep warm into the saucepan
- Warm a sauté pan over medium heat, add half of the butter and add the cabbage, add the white wine. Season well. Sauté for 2-3 minutes until softened. remove from the heat
- Add to the mash potato and spoon enough of the yogurt and butter mixture to create a smooth mash colcannon. The yogurt will bring velvety texture with a touch of acidity to make this colcannon extra light.
- Serve with some whipped butter spooned over the piping hot colcannon