

CHAMP

Champ is a simple dish which is cheap, easy to produce and very filling.

Ingredients:

8 medium potatoes, peeled
small bunch of scallions (spring onions)
1/2 cup milk
salt and pepper
knob of butter per person
(serves four)



Directions:

The best way to prepare the potatoes is to cook them in a steamer and then pass them through a food mill.

Alternatively, boil until soft but not mushy, drain and return them to the heat to dry somewhat before mashing. In any case keep hot.

Chop the scallions finely, both green and white parts, and cook for 5 minutes in the milk. Beat this mixture into the mashed potatoes until smooth and fluffy, season to taste and serve a large mound on each plate with a good knob of butter melting into the top. Each forkful is dipped into the melted butter as it is eaten. Very good with a glass of cold milk.

COLCANNON

Ingredients:

1 lb potatoes

1 lb kale (cabbage may be substituted)

Onion, or leek or scallion (green onion)

1/4 cup milk

Butter, salt and pepper



Directions:

Peel and boil the potatoes. Chop the kale or cabbage fairly small, discarding the large stems. Steam until tender, about 8 minutes. Gently saute the onion (if desired) until golden but not too brown. Mash the potatoes well, and mix with the kale and onion. Add the milk (not too much, until moistened but not wet), and the butter, salt and pepper to taste.

Bake in a medium oven for about 15 minutes.