

## Colcannon

(serves 4)

1.25 kg rutabaga, peeled and cut into 1 inch cubes \*  
1 cup chicken broth  
500g (1 small) savoy cabbage  
1 tbsp bacon fat or lard  
1/2 cup chopped parsley  
salt (I use this one)

Put the rutabaga into a large pan and half cover with filtered water. Bring up to a simmer and cook approximately 20 minutes until tender. Meanwhile cut the cabbage into quarters, remove the central core and shred into 1/4 inch thick slices. Put into a large sauté pan with the chicken broth, cover with a lid and bring up to a simmer. Cook for 8-10 minutes until tender.

When the rutabaga is cooked, drain it well and put into a food processor fitted with the 'S' blade attachment. Add the fat and whizz until completely smooth. Drain the cabbage and fold into the mash, along with the parsley. Reserve any cooking liquor for something else or gulp it down. Salt generously to taste.

Served alongside boiled ham or extra thick slices of bacon, this is about as Irish as you're gonna get!

