

Irish Colcannon Soup

Serves 6

In Season: Year round

Colcannon is one of Ireland's best loved traditional potato dishes. Fluffy mashed potato flecked with cooked cabbage or kale. This soup uses identical ingredients to make a delicious soup

55g (2oz) butter

425g (15oz) peeled diced potatoes

110g (4oz) diced onions

1 teaspoon salt

freshly ground pepper

1.1 litre (2pint) home-made chicken stock or vegetable stock

450g (1lb) cabbage

25g (1oz) butter

salt and freshly ground pepper

130ml (4 fl oz) creamy milk

Melt the butter in a heavy saucepan. When it foams, add the potatoes and onions and toss them in the butter until well coated. Sprinkle with salt and pepper. Cover and sweat on a gentle heat for 10 minutes, add the stock and cook until the vegetables are soft.

Meanwhile make the buttered cabbage

Remove the tough outer leaves from the cabbage. Divide into four, cut out the stalks and then cut into fine shreds across the grain. Put 2-3 tablespoons of water into a wide saucepan with the butter and a pinch of salt. Bring to the boil, add the cabbage and toss constantly over a high heat, then cover for a few minutes. Toss again and add some more salt, freshly ground pepper and a knob of butter.

Add the cabbage to the soup, puree in a blender or food processor with the freshly chopped herbs. Taste and adjust seasoning. Thin with creamy milk to the required consistency.

