

Koterba's Kulinary Korner

When I do some work in the kitchen I always look for flavors and dishes that cover some ground. When I made the brisket for Mark's fly tying session I ran into a classic Irish side dish that is the equivalent of a Spanish torte! Here is a look at Colcannon Potatoes.

Colcannon Potatoes (Serves 4).

A version of the classic recipe:

3 cups cooked and mashed potatoes
2 cups chopped, boiled cabbage
4-6 slices lean bacon or pancetta
2 cloves garlic, crushed and minced
1 large onion, chopped
1 leek, washed and chopped
4 tablespoons butter (or 1/2 butter-1/2 olive oil)
7/8 cup bread crumbs



This dish is best made using lean Irish or Canadian bacon, or pancetta may be substituted. Combine potatoes and cabbage together in large bowl. Season to taste with salt and pepper. Sauté bacon in large skillet until crisp.

Remove bacon to drain on clean paper towels; sauté onion, garlic and leek in same skillet. Add half of the butter/oil to the skillet and stir in potato and cabbage mixture. Crumble/chop bacon and add half of it to the mixture. Mix and heat through.

Transfer to a buttered oven casserole dish. Sprinkle with bread crumbs and dot with remaining butter.

Place in 425°F oven and bake until lightly browned, about 15 minutes. Sprinkle top with remaining bacon.

What I have done with it:

Version 1: The one I used for Mark's dinner: (served 12)

Since we were already having cabbage with the brisket, dropped it and the onion I just added more leeks.

I eliminated the breadcrumbs and increased the bacon. I used a pound and a half of lean Hemplers! Half of which I mixed in with the potatoes and leeks. I sprinkled the rest over the top. I just mixed the butter in and served it like smashed potatoes.

There were no leftovers!

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Version 2: I made this as a side for some roasted turkey thighs.

It was the same as version 1, except I used roasted red garnet yams for the potatoes. I added a generous tablespoon of fresh thyme to the leeks and garlic when I sautéed them. I used the Hemplers again. And I cut down on the butter and added a half a cup of chicken stock.

The last step was to at least try and keep the calorie count reasonable.

I expect that you could play with this combination in any number of ways. So I invite you to give it a go. I would probably not eat it every day, but I won't look at mashed potatoes the same any more.

Enjoy
Frank Koterba
4CFF Chef de Cuisine



"I fish because I love to; because I love the environs where trout are found, which are invariably beautiful...and, finally not because I regard fishing as being so terribly important but because I suspect that so many of the other concerns of men are equally important and not nearly so much fun."

*Robert Traver
Anatomy Of A Fisherman (1964)*