



BANGERS AND KALE MASH

Although there are variations of potato/kale combos found all over Europe, I'm inclined to believe that the Irish variation, colcannon, is granddaddy of them all. First of all, the Irish basically own the creative rights to cabbage. The Romans introduced cabbage to most of Europe back in the day, except that when they got to Ireland it was already there! By tracing the word for cabbage linguistically, it appears that cabbage has been a part of the Irish (well, Celt at the time) diet since the Iron age. Potatoes weren't introduced to Europe until the 16th Century, with the Irish and French being the first to really embrace them, and so colcannon came about sometime thereafter.

This recipe is an Irish take on the traditional Bangers and Mash; you get a comforting traditional meal with some nutrient-dense kale added in!

SERVES: 4

PREP TIME: 5 MINS

COOKING TIME: 25 MINS

DIFFICULTY: EASY

GLUTEN FREE

PALEO FRIENDLY

2 LBS POTATOES, PEELED AND CUT INTO 1.5" CHUNKS

4-8 MILD SAUSAGES OF YOUR CHOICE

3 CUPS KALE (STEMS REMOVED, ABOUT FIVE STALKS)

1 LEEK (OR 1/2 CUP GREEN ONIONS), CHOPPED FINELY

6 TBSP BUTTER

1 CUP CREAM

SALT AND PEPPER TO TASTE (ABOUT 1/2 TSP EACH)

1. Add the potatoes to a large stockpot, then add enough water to cover the potatoes by 1". Bring to boil over high heat; reduce heat to medium and simmer until easily pierced with a fork, about 15 minutes, then drain and set aside.

2. As the potatoes simmer, start cooking your sausage by either pan-frying them over med/low heat or grilling over indirect medium heat until cooked through, about 15 minutes.

3. As the potatoes drain, return the pot you used to boil them to the stove. Warm the butter over medium heat, then add the leek and sauté until bright green, about 1 minute. Add the kale and sauté until the kale has softened, about 3 minutes.

4. Add the potatoes and cream to the pot and mash with a potato masher or a firm whisk. Season with salt and pepper to taste.

5. Serve the sausages over the potatoes and enjoy.

** Some people prefer to serve this dish with gravy; to do so, warm 1 tbsp butter in a saucepan over medium heat, then add and sauté half a chopped onion until softened. Add 1 cup of beef broth and bring to a simmer. Mix 1 tbsp 1 tbsp potato or arrowroot starch with a bit of cold water to form a slurry, then add the slurry to the broth and stir until thickened. Season with salt and pepper to taste.