

**CHEF CHAR NOLAN AND  
SOUTH PHILLY FOOD CO-OP PRESENT:**

# **VEGAN COLCANNON**

**IN HONOR OF ST. PATRICK'S DAY**

Create a creamy and delicious mashed potato and greens dish. The base ingredients can be found in the produce section of the South Philly Food Co-op.

Colcannon is a traditional Irish dish.

**Prep Time: 20 minutes**  
**Cooking Time: 20 minutes**

## **Shopping List:**

- 4, medium sized Russet potatoes
- 2, large leeks (or one large, yellow onion)
- 1, small head of cabbage
- 1, small bunch of fresh kale (Tuscan works best)
- 1 cup of unsweetened plant milk
- ½ cup of nutritional yeast
- ½ teaspoon of ground nutmeg
- ⅛ teaspoon of white or black ground pepper
- Salt (optional)
- Optional for burgers: flax meal seeds and rolls



## Food Prep

- Wash potatoes, peel, and large dice-cut.
- Remove outer leaves from the cabbage. Cut cabbage in half, top to core. Remove bottom core with a “V-cut” into the base. Then, rough chop the cabbage into fork-sized pieces.
- Prepare leeks by removing the bottom root. Slice into coins until you reach the green leaves. If you are using onions, peel, and dice.
- For the kale, strip from main vein, and chop into small pieces. Set aside.

## Cooking Vegetables

- Place potatoes in a 4 qt pot, and cover potatoes with water. Cook for 20 mins under a medium flame, uncovered. When fork tender, drain and set aside.
- Place the cabbage and kale in a four qt pot, and cover completely with water. Cook for 20 mins under a medium flame, uncovered. When done, drain and rinse, set aside.
- Pour one cup of plant milk (almond is always good for adding flavor) into a large sauté pan, simmer, and add leek or onions. Stir occasionally to “sauté” until leek or onions are wilted.

## Putting the Dish Together

- In a large bowl, mash potatoes using a fork or potato masher. The potatoes can be roughly mashed. Add leeks and milk, cabbage and kale, and mix together.
- Add nutritional yeast, nutmeg, and pepper. Season to taste. If you are a salt-fan, go at it.
- Transfer contents to a serving dish, garnish with fresh peas or sprigs of fresh parsley. Can be served warm or cold.

NOTE: save any vegetable scraps (in the freezer) for making soup stock. You can also air-fry the potato skins into a tasty potato dish (better than fries!).

## To Make Colcannon Pub Burgers

- Preheat oven to 400F
- Take 2 cups of the colcannon. Add one teaspoon of garlic granules.
- Take 2 T of flaxmeal (ground flax seed) + 4 T of water. Mix well. Add to colcannon.
- Allow to set for 15 minutes. Form into patties.
- Place on a parchment lined baking sheet. Place in oven, bake for 20 mins. Remove from oven. Using a spatula, flip the burgers, and gently press on the burger. Cook for an additional 10-15 mins.
- Serve on a bun with various condiments.
- The burgers will freeze well.

